

## 2005 National Award Winner of the RRCA Outstanding (Mid-Sized Club) Newsletter

### Mud? Muck?

by Dierdre Fleming

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Sign them up.

Terrain-iacs embrace the growing sport of trail running for the challenge, camaraderie, fitness and fun.

Soaking footpaths, sloppy trails, muddy mountains? No sweat.

Well, plenty of sweat. But no problem. Trail runners - those nutty, active adrenaline addicts - are into it.

They gather together, these so-called mountain goats, seeking rolling running races across knolls and streams over curious distances, like 25K and 50K.

They don't talk times, or boast about pace. It's not about finishing in the top 10 here.

"It's less about competition, more about community," said Ian Parlin, a trail runner of five years. "It doesn't mean people don't still have certain goals and try to beat a certain race course. They still can be very fast and

See **MUD MUCK**, page 6

### President's Corner...

#### Fall Already?

by Mark Grandonico

Where did the summer go and why does it go so fast? Only in Maine. September and October are actually two of my favorite months. Cooler, crisp autumn air and after that first frost, no more skeeters, black flies, nor no-see-ums! The woods and trails are ours again.



Since our last issue it's been busy. Let's start with the Clammy. 764 finishers this year and another great run. The Peaks Island Road Race went well also. 400 finishers on a picture perfect hot day. The Lobster Bake after that race is a real treat. The Beach to Beacon had a record 4,810 finishers. Up 505 finishers from last year which makes the B2B the largest race in Maine. Yours truly is on the Organizing Committee for the B2B and let me tell you now; when registration opens for the 10<sup>th</sup> Running of the B2B next year, Sign Up Early! As I mentioned, it will be the 10<sup>th</sup> and it promises to be a special one.

The return of the Paul Bunyan Marathon & 15K was a success on a hot summer day. There were 261 finishers in the Marathon, and 97 runners completed the 15K. The MTC, specifically Erik Boucher and Kathy Hepner, assisted Abby Iselborn in putting on the Devoted to Deveau 5K down on the Blvd July 15. It was a last minute race organized by Abby to support Adam Deveau who is in the race of his life battling cancer. 156 people showed up to support the event.

As I draft this article, the St. Peters Road Race is tonight and we are already looking ahead to the Maine Marathon October 1<sup>st</sup>. Even by the time this article hits the printer, I'm sure we still need volunteers. If you can help out, contact Howard Spear at RaceDirector@Mainemarathon.com or Bob Aube at BobAube@mainetrackclub.com.

Last but not least, November is election time this year. The board voted a couple of years ago to make most MTC Board of Director positions 2-year terms. Those 2 years are up for most of us this December

See **PRESIDENT**, page 2



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**Submission Deadline for the  
November/December News\*Run  
is Sunday October 1, 2006.**

## PRESIDENT, continued from page 1

and it's time for some new faces. We have commitments from most of the board to return, but we still have open positions. Anyone who would like to be considered for the VP, President, At-Large, or any other position is welcome and encouraged to do so. A nomination form is included on page 7. It's a minimal commitment and you know the old saying – "many hands make light work". It is true in our club. Aside from Board of Director positions, we can always use help with special events (picnics, Mt. Washington, bus trips, handicap run), equipment, newsletter, directing races, identifying MTC members in race photos and membership/volunteers. If anyone would like to step up and help out, it would be great. There is a handful of what I call "doers" in this club who make all of these events happen. We need to expand that list. I am so grateful to the people who are the driving force for all they do. We give up our personal time to put on events so others can race – have a good time. It's what being a "Club" is all about. How about you? Consider yourself asked.....

*Mark Grandonico*

MTC President

RRCA Maine State Rep

Quote of the month:

"And in the end it's not the years in your life that count. It's the life in your years." Abraham Lincoln

## How to Submit Materials for Publication

*NewsRun* is published bimonthly. Material submitted to the editor by the 1st of the month prior to the next issue will be considered for publication as space permits. Your articles, poems, photos, and cartoons, as well as letters to the editor are welcome. The editor reserves the right to correct spelling and grammar, and to edit for length and clarity when necessary. Letters written in anonymity are not accepted; bylines are standard.

Please submit via e-mail to Sandy Walton at [swalton2@maine.rr.com](mailto:swalton2@maine.rr.com). Most formats are acceptable. Photos should be a minimum of 300 dpi and should NOT be embedded in word processor documents.

## How to Advertise in NewsRun

*NewsRun* reaches more than 600 running enthusiasts around the Greater Portland area and the state of Maine. If you have something to tell or sell to active people, this newsletter will spread your message. Issues are published bimonthly.

Ad Sizes:	Measurements:	Rates:
Back Half-Page Ad	7.75" w x 4.5" h	\$110
Full-Page Ad	7.75" w x 10.125"h	\$150
Half-Page Ad	7.75" w x 5" h	\$ 75
Quarter-Page Ad	7.75" w x 2.5" h	\$ 50
Quarter-Page Ad	3.875" w x 4.5" h	\$ 50
Business Card Size	3.5" w x 2" w	\$ 25

**Race Entry Forms** -- \$60 includes promotion of your race as one full page in the newsletter and a link on the MTC website.

All fees are payable in advance. Prepared ad copy or race entry forms must be submitted by the 5th of the month preceding the next issue to Sandy Walton at [swalton2@maine.rr.com](mailto:swalton2@maine.rr.com) (and Bob Aube at [bobaube@mainetrackclub.com](mailto:bobaube@mainetrackclub.com) for race fliers) as well as a check or money order made payable to Maine Track Club, P.O. Box 8008, Portland, ME 04104-8008.

The Maine Track Club reserves the right to reject flyers and ads that are judged to not be in the best interest of members, or in keeping with the image of MTC, or that would conflict with our race sponsors, or not meet the requirements of our non-profit mailing permit.



## MARK YOUR CALENDAR

### September:

Board Meeting - Wednesday the 20th, 6:00 p.m.

Run @ Work Day - Friday the 22nd, All day

Member Meeting - Thursday the 28th, 6:00 p.m.

### October:

Endurance 50 - Tuesday the 17th, 9:00 a.m.

### November:

Board Meeting - Wednesday the 8th, 6:00 p.m.

Pasta Dinner - Friday the 17th, 6:00 p.m.

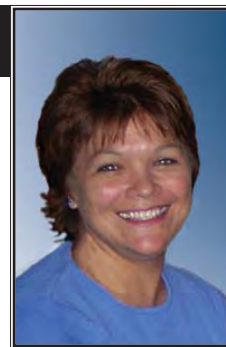
Member Meeting - Wednesday the 29th, 6:00 p.m.

*For more information on any of these events,  
please check inside this newsletter or  
contact any board member listed on page 2.*



## Editor's Corner...

by Sandy Walton



As we wind down the year, I would ask that you all reflect on what the Maine Track Club has meant to you over the years.

Consider serving in a leadership role as an officer. We will need to present the club with a new slate of officers soon and would encourage you to consider taking a more active role in your club. It is both fun and rewarding, that I can attest to first hand. Please give it some serious thought. A form for Board Member Nominations can be found on page 7.

Do you have any running friends who are not yet members of the Maine Track Club? Now is the time to encourage them to join and take advantage of the many benefits the club has to offer. The price is right! If they join any time after September 30th, their membership will continue through to December 31st of 2007 (or longer for multiple year memberships.) That's up to 3 extra, FREE months. A copy of the Membership Application can always be found inside the back page of the News\*Run or on [www.MaineTrackClub.com](http://www.MaineTrackClub.com).

**A HUGE THANK YOU** to those who have volunteered for the club! If you think you have put in a minimum of 2000 hours of volunteer time for the Maine Track Club through the years, then please let me or Mark Grandonico know. We would like to present you with a special award from the RRCA in recognition for your generosity. See page 46 for more information.

## Maine Sports Massage Company

Michael Gaige, LMT NCTM



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- All other times to relieve discomfort and pain from acute and chronic muscle tension

### Grand Opening Special

I am pleased to extend this invitation to you for an introductory one hour massage for \$50.

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or just relax and pamper yourself!!

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### Maine Sports Massage Company

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## Happy Birthday to These MTC Members...

### September

- |                       |                       |
|-----------------------|-----------------------|
| 2: Steve Colucci      | 16: Abraham Kiprotich |
| Tyler Santero         | Karen Kisco-Tucci     |
| 3: Betty Disanza      | Maggie Soule          |
| Dennis Morrill        | Lennie Stack          |
| Amber Sellers         | Jim Tyrell            |
| David Skelton         | 17: Glen Gallupe      |
| 4: Jeffrey Arsenault  | Emma Noonan           |
| 5: Jack Dresser       | 18: Kevin Gaydar      |
| 6: Samuel Dexter      | Dottie Michaud        |
| Paul Toohey           | 19: Kathy Foster      |
| 7: Ron Perry          | Kathy Harris          |
| 8: Karen Fagan        | Melissa Johnson       |
| Maxwell Payson        | Liam Nickell          |
| Deborah Stewart       | Larry Perkins         |
| Melissa Wright        | Seth Rollins          |
| 9: Jim Eckert         | 22: R.J. Harper       |
| 10: Kelsey Rex        | Clara Mendell         |
| 11: Carrie McCusker   | 24: Heidi Graham      |
| 13: Terry Finnerty    | Michaela Lydon        |
| Betsy McGrail         | 25: Don Bessey        |
| Geoff Ryan            | Denise Lund           |
| 15: Eugene Longobardi | 27: Colleen Salvo     |
| Tyler Mercer          | Lucas Walton          |
|                       | 30: Mel Fineberg      |

### October

- |                     |                      |
|---------------------|----------------------|
| 1: Richard Mulhern  | Kira Wigoda          |
| 2: Anne Berlind     | 16: Macgill Eldredge |
| Mike Grant          | Brendan Flynn        |
| Malcolm Washburn    | 18: Jeanne Hackett   |
| 3: Emily Berman     | Dino Joannides       |
| Garrett Berman      | 19: Connie McLellan  |
| Mike Vallee         | Carlton Mendell      |
| 4: Robert Parent    | Julie Scala          |
| 5: Kathryn McMann   | 20: Kathy Bowe       |
| 6: John Boyne       | Peter Child          |
| Cathy Dudley        | Theresa Gallupe      |
| Ellie Tucker        | 21: Dan Sobel        |
| 7: Steve Lagasse    | 22: Robert Foster    |
| Tom Ryan            | 23: Casey Walton     |
| Sam Walker          | 24: Cathy Burnie     |
| 8: Bonnie Hoag      | Paul Letalien        |
| Marcy Tierney       | Kim Merrill          |
| 9: Julie George     | Ryan Oliver          |
| Carolyn Young       | 25: Ron Chase        |
| David Colby Young   | 26: Ray Hefflefinger |
| 11: Cindy Morgan    | Paul Nickell         |
| Sue Payson          | 27: Rae Pierce       |
| Gretchen Read       | Doug Schiller        |
| Susan Weimer        | 28: Pat Buckley      |
| 12: Peter Bottomley | Ben Dexter           |
| Nancy Kneeland      | Kendra Hodder        |
| 13: Bob Aube        | 29: Kayla Bibeau     |
| Jeanne Christie     | Whitney Bibeau       |
| Erin Coonahan       | 30: Marty Lawrence   |
| Sandy Walton        | Norman Morgan        |
| 14: Alyson Grant    | 31: John Lund        |



## New MTC Members...

Kathy Bowe of Gorham  
 Donna Davis-Rankin of Manchester  
 Derek, Nikki, Jack, & Sam Dresser of Cape Elizabeth  
 Sherri Emery of New Gloucester  
 Shauna Franklin of Scarborough  
 Steve Lagasse & Christine Shanahan of South Portland  
 Kim Nute of Dover, NH  
 Jill & Mark Parker of Brunswick  
 Joel & Carolyn Russ of Cape Elizabeth  
 Jane Sable of Saco  
 Julie Scala of Portland

### Welcome Back

Tom & Kristie McLaughlin  
 & Rae Chalmers of Gorham



## Membership Status...

- **Membership Growth:** We welcome 20 new members in this issue. As of August 22 we have 666 members in 376 households, up from 655 members in 369 households on August 22, 2005 and 537 members in 340 households on August 12, 2004.
- **We Need Your Help:** Our greatest asset in recruiting new members is our existing members. Please try to persuade runners you know to support their sport by joining MTC. Your personal invitation is our most effective method to get new members. Please help support this effort. A special thank you to our members who have helped bring in new members.
- **Address Change:** Please remember that most MTC mail is via a non-profit third-class permit that is not forwarded to you nor returned to us. The post office throws it away! Please either mail, phone, or e-mail your CHANGE OF ADDRESS and PHONE NUMBER when you move, to Bonnie Topham (510-1335) AuntBLovesMe@aol.com.
- **Member E-Mail Addresses:** As of August 22, we have e-mail addresses for 307 of our 376 households for 81.6%. These e-mail addresses are used for club purposes only. If you have not sent us your e-mail address, or if it CHANGES, please send it to AuntBLovesMe@aol.com.

## Member Spotlight...



*David & Cynthia Barnard*

### Still on the run... Yarmouth grandparents continue to log miles

*by Karen Beaudoin*

© The Community Leader

When you look at the big picture of their years as runners, the Beach to Beacon 10K race may seem a little insignificant. After all, Cynthia and David Barnard have run marathons in New York City, New Zealand and Burlington, VT. Cynthia has also ridden tandem bikes through England and France with blind students and started ski programs for the blind in New York and Massachusetts. David has run the NYC Marathon with a blind Thai boy, a one-legged athlete and a quadriplegic, through the Achilles Track Club.

Still, these grandparents who vacationed in Maine for years and made Yarmouth their permanent home in 2002, are proud to say they've run every Beach to Beacon and were at the start line again for this year's race in Cape Elizabeth on Aug. 5.

"There were lots of elite runners running way ahead of us but at least you're part of the event," says Cynthia, 62. "And, of course, Joan Benoit Samuelson is our star." Cynthia and David, 64, first met Samuelson at Big Sur in 1995 and were taken by the Maine role model. Having run for years, they have been more than happy to support her race, which is sponsored by TD Banknorth and annually raises money for charitable children's causes. Cynthia has a pair of Samuelson's autographed running shoes hanging in her garage and they touch her windshield to let her know she's pulled her car in far enough.

Cynthia, who works at Maine Medical Center, ran her first marathon while working at Dartmouth-Hitchcock Medical Center in 1989. There was a one-mile loop

around a pond on the center's campus and she began her training there during her lunch hours. She eventually worked up to marathon distance and took on NYC in 1988 with David cheering her on. The following year, he decided he didn't want to be just a spectator and joined her on the course.

"We're just back of the packers," David, who works for a small real estate company in Portland and is a member of the Coast Guard Auxiliary, said. But they keep on running.

Cynthia, who is a therapeutic recreation specialist with MMC's Hospital Elder Life Program, which helps patients over 70 remain functional and avoid delirium, does some form of exercise every day. She walks, runs on her treadmill, bikes and is religious about tai chi. David runs seven or eight miles on the weekends and participates in a couple of half-marathons each year.

Staying active has helped him recover from two bouts with cancer - throat cancer in 1993 and prostate cancer last summer.

"All that does is highlight in your life that every day is a blessing," he says. To make his point, he tells a story involving the first NYC Marathon he ran with his wife where members of the media were interviewing a group of male runners who were all over the age of 90. Rheumatoid arthritis runs through Cynthia's mother's side of the family and she lost her father to cancer so she also understands the benefits of staying active.

"It helps you spiritually," David says. "I'm not as much into holistic medicine as some people, but I firmly believe in the holistic aspects (of exercise). The body knows what's going on."

To that end, the couple traveled to New Zealand in 2000 to compete in the Millennium Marathon and Cynthia ran Burlington for her 60th birthday, with family and friends joining her for different segments the entire way.

Their legs aren't what they used to be, which is one reason why Cynthia chooses the treadmill over running on pavement. As another option, David bought his wife a kayak for her birthday.

When they're not running, walking or biking, the couple stays involved as members of the Maine Track Club. They volunteer at the 4th of July race in Freeport,

and then will usually run the course following the race. They also volunteer for the Peak's to Portland swim and at Merrill Auditorium. David no longer feels he is in good enough shape to continue escorting runners with the Achilles Track Club but still supports the cause financially.

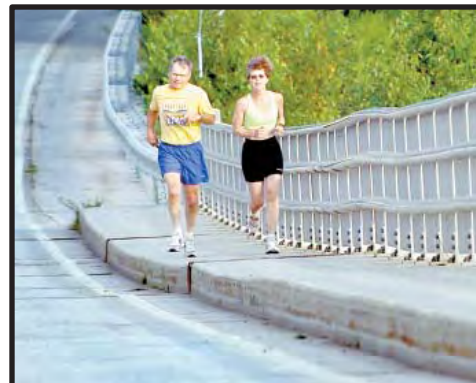
The Barnards spend some of their leisure time on their 17-foot boat and are working on completing sails from the Intercoastal Waterway in Florida to Eastport, Maine. Termed their "celebration of life trip," they completed the Moorehead City, N.C. to New Haven leg in 1998, the New Haven to Portland trip in 1999 and the Yarmouth to Southwest Harbor leg in 2000. They plan to go from Southwest Harbor to Eastport next year and will then have only the Key West to Moorehead City route to complete.

These days, Cynthia's reasons for running include fitness, weight control and a way in which to motivate not only herself but others. But even while closing in on retirement age she still shows a bit of that competitive nature.

"It's mostly for the fun of it and that adrenaline rush," she says, "but then you look at someone and you think I can beat that person."

David, who appears cancer-free but will under go blood tests for the rest of his life, says the spirit at the starting line of a race like the Beach to Beacon still draws him and "the togetherness at the end speaks to our culture." Though he's now running at a 10-minute pace and describes himself as a "plodder" he'll continue to appreciate races like this one, no matter what setbacks he faces.

"So many people have gone through interesting stuff," he says, "and I think we're kind of normal. Luck is a lot of life and when your luck turns sour you've got to suck it up and make the best you can."



Photos by Tim Greenway



## MUD MUCK, continued from page 1

very competitive. But the motivation is different."

In fact, true trail runners are very different from road runners. "They're kind of a breed of their own," said Mark Grandonico, president of the 600+ member Maine Track Club. A niche group but, Grandonico said, it is finding recruits.

"It's a growing sport in popularity, as demonstrated by the big event a couple of weeks ago," Grandonico said of the two ultra trail races held at Pineland Farms, which attracted trail runners from 15 states.

"We were expecting 100 people would show up. We got closer to 250."

Running in general is on the rise, as evidenced by Cape Elizabeth's Beach-to-Beacon, which draws as many as 5,000 runners. (And that's capped).

"We're experiencing a 5 to 7 percent growth a year in membership," Grandonico said.

But trail running is more about running far than it is about running fast. It's more about community than it is competition.

And, of course, it's about the mud.

"There is something exhilarating about speeding down a really fast hill, or splashing in a river, or running through something like an Army assault course. It gets the adrenaline going a lot more than running on roads," said Parlin, who began trail running when he lived in Scotland.

"It has a lot to do with the environment. Every trail is very different. And the change of the season is so much more noticeable."

## TERRAIN ADDS INTEREST

The more rutty, the more muddy and messy the course is, the more trail runners enjoy it.

"Just rub it in your face," said Emma Barclay, a Scottish "fell" or hill runner who came to Maine from Scotland with Parlin, her trail-running husband.

As Barclay and Parlin ran with two others around Twin Brook Recreation Area in Cumberland, they sprinted down a wood-chip hill, turned sharp right onto a narrow trail, and hopped, almost instantly, over a thick, muddy area.

Parlin lost his shoe, as he called to Barclay to tie hers tighter.

The group's pace hardly slowed, as they continued on toward - and through - a riverbank, with the help of some logs.

All the while, the chatter was constant.

There were no splits at mile marks. Just laughter around trees. They were like giant squirrels, chasing one another in circles.

There are many reasons why trail runners enjoy the backwoods challenge, some because it's relaxing, others because it doesn't have to be.

"You're so focused on running, it blocks everything else out," Parlin said. "With road running, you get into a rhythm, so your mind can wander."

Going from rocks to boulders on trails also can make things tough. "Emma finds it frustrating, sometimes, the pace can vary so much, if it's so steep or so technical," Parlin said.

There are, in fact, many reasons trail runners who take mostly to the woods spend their time there. And they're all-natural notions.

Many trail runners enjoy this healthier way of running because it is softer on the joints and the bones. "Running on dirt trails can be a little more forgiving of the knees and ankles. . . We

are hearing more and more of that," Grandonico said.

At 34, Anderson said he has no trouble with his knees, but he often hears from people who want to control their weight with running. He said many are afraid to, because of the impact on the hard roads. "They should try trail running," Anderson said. "There are lazy people in America. Well, they should try trail running. It's easier on the body, especially for overweight people. Maybe they are self-conscious, with cars going by. Out in the woods, they're having fun."

## LESS ABOUT COMPETITION

Parlin, a self-proclaimed RUNJNKY on his license plate, said there also is a more communal aspect to trail running than road races. It's like a big support group.

Even to road runners, this common, shared fanfare in trail races is curious.

"If you polled road runners, 50 percent would say they're there to win an age group, run a (personal best), or for some competitive purpose," Grandonico said. "If you polled an equal number of trail runners, they'd say, 'Hey, I'm here because it's fun and because I want to be with people who share the same addiction for the outdoors.'"

Even in the "ultra trail races," such as the 50K at Pineland Farms, chatter is common. "You want to finish as quick as you can, but you're concentrating more on pace, so it's possible to talk," Anderson said.

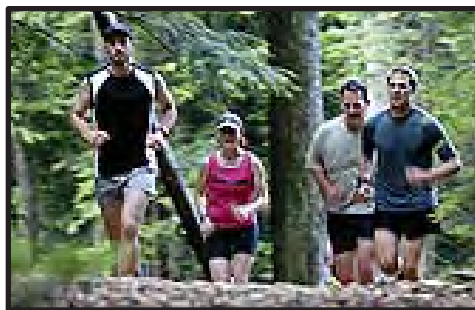
Having taken up trail running just a year ago after only racing on the roads, Anderson said he is "undergoing a transformation" as he tries to leave behind his competitive mindset and adopt a laid-back attitude more akin to trail runners. "I'm having to tell myself to chill out a little bit," Anderson said.

And yet Grandonico, an avid road racer who runs trails just once a month, said trail running is tougher, given the gullies, rivers, roots, rocks and mud. "It is definitely more challenging," Grandonico said. "There is a whole element of complexity to it than a regular road race."

## DIFFERENT GEAR

At trail races here and elsewhere, the numbers of entrants are often capped. Parlin said this is to protect the environment.

An example is the Bar Harbor Half Marathon, held on the carriage roads of Acadia National Park. This off-road race is capped at 400 to protect the



(Above) Trail runners Ian Parlin, Emma Barclay, Jim Dunn, and Jamie Anderson run through the woods at Twin Brook Recreation Area in Cumberland.



(Right) Jim Dunn negotiates a stream.

Photos by Gordon Chibroski

## MUD MUCK, *continued*

woodland areas around the ponds in the park.

The numbers of trail runners found at events may be small, but Parlin said they are always eager to share secrets.

And there are tricks to learn.

Because the courses are entirely different than road races, the gear is different, too.

The shoes are a cross between racing flats and trail shoes, with soles that grip like hiking boots, Barclay said.

With the success of the Pineland Farm ultra trail races last month, Parlin is hoping the sport and information about it spreads across Maine.

While the Maine Track Club is made up of some trail runners, Parlin said there is yet no organized club for trail runners in the state.

He's hoping to change that.

"That is one reason I am making the effort to put on (the Pineland Farms race) and to organize small group runs," Parlin said. "I want to find out who they are and where they are and what the potential is to start a club."

## NOMINATIONS ARE NEEDED FOR 2007-2008 BOARD MEMBERS

The MTC is looking for volunteers to serve on the Board of Directors for the 2007-2008 term. A list of nominees will be presented via email, and the election will take place at the Pasta Dinner on November 17th. Current board members who have expressed an interest in holding an office next term are listed below. Nominees are welcome for ALL of the positions. Please consider nominating yourself or one of your peers. Your participation is an important and necessary part in continuing the operation and growth of your Maine Track Club. Anyone interested in running for a position on the board should contact Mark Grandonico (773-2576) [grandm@maine.rr.com](mailto:grandm@maine.rr.com)

**CRITERIA:** Candidates must be an active member of the Maine Track Club before September 30, 2006 to be eligible. Please contact any current Board Member (listed on page 2) for further information on what each position entails.

**DEADLINE:** for Nominations: 11/1/06

**MAIL TO:** Maine Track Club - Board Nominations, P.O. Box 8008, Portland, ME 04104

**VOTING:** will take place at the Pasta Dinner 11/17/06.

MTC members interested in the following positions:

Mark Grandonico

Erik Boucher

Ward Grossman

Lisa Despres

Bonnie Topham

Mike Brooks

Don Penta

Mike Doyle & Colleen Redmond

Sandy Walton

Bob Aube

Please make nominations below:

President \_\_\_\_\_

Vice President \_\_\_\_\_

Treasurer \_\_\_\_\_

Secretary \_\_\_\_\_

Membership \_\_\_\_\_

Race Committee \_\_\_\_\_

Equipment Manager \_\_\_\_\_

At-Large \_\_\_\_\_

At-Large \_\_\_\_\_

At-Large \_\_\_\_\_

Statistician \_\_\_\_\_

Clothing \_\_\_\_\_

Newsletter \_\_\_\_\_

Webmaster \_\_\_\_\_

## Notices...

### 50 Marathons... 50 States... 50 Days!

Dean Karnazes is going to do it! Maine will be Dean's 31<sup>st</sup> marathon and will take place at 9:00 a.m. on October 17<sup>th</sup>. Dean will run a slightly modified version of our own Sportshoe Center Maine Marathon. See page 38 for more information on this event which will bring national media coverage to our marathon and city! Endurance 50 website - <http://www.endurance50.com/>.

## Where's Manny?



Photo by Erik Boucher

*Stu Palmer and Manny the Moose call a group of runners to the start-line at the weekly Back Cove 5K series on Wednesday evenings in Portland.*



*by Erik Boucher*



# Race Results and Photos...

**Maine Track Club Finishers -- For complete results, please visit [www.MaineTrackClub.com](http://www.MaineTrackClub.com)**

## Runners Alley/Redhook Memorial 5K Portsmouth, NH May 28, 2006

Place	Name	Div	Time	Pace
7	Mike Payson	2/198 M4049	15:44*	5:04
17	Pete Bottomley	9/198 M4049	16:28	5:18
145	Robin Carlson	3/262 F3039	20:58	6:45
691	Jen Noonan	64/262 F3039	27:40	8:55

\* Under USATF Age-Group Guideline

## Bone Density Dash 5K Portland, ME June 3, 2006

Place	Name	City	Time	Pace
3	Sean Ireland	Portland	19:52	6:25
6	Steven Rollins	Bowdoinham	21:30	6:56
9	Mallory Vaccaro	Yarmouth	22:51	7:22
20	Nathan Couper	Falmouth	24:40	7:58
21	Leslie Couper	Falmouth	24:43	7:59
25	Douglas Couper	Falmouth	25:06	8:06
38	Eugene Longobardi	South Portland	26:35	8:35
42	Keith Kitchin	Gorham	27:03	8:44
58	Donna Boudreau	Gorham	28:36	9:14
59	Kristen Grandonico	Portland	28:43	9:16
67	Sherry Grandonico	Portland	30:07	9:43
68	Mel Uchenick	Kennebunk	30:32	9:51
90	Kenneth Spirer	Portland	33:54	10:56
95	Sam Abradi	Lisbon	36:53	11:54
96	Valerie Abradi	Lisbon	36:54	11:54
138	Hayley Couper	Falmouth	52:40	17:00
148	Michael Foley	Portland	54:50	17:42

## York Hospital 5K York, ME June 3, 2006

Place	Name	Div	City	Time	Pace
68	Robert Randall	M69	Springvale	28:13	9:05

## Get Fit Maine 5K Tenant's Harbor, ME June 3, 2006

Place	Name	Div	City	Time
10	Elwin Guthie	M60-69	Walpole	27:27

## Bath Longreach YMCA 5K Bath, ME June 3, 2006

Place	Name	Div	Time
29	Jerry LeVasseur	M68	24:50
37	Kim Finethy	W49	26:13
59	Denny Morrill	M66	32:07
78	Mark Clinch	M50	38:35

## Durham Dash 5K Durham, ME June 3, 2006

Place	Name	Div	City	Time	Pace
8	Peter Rearick	M54	Hebron	21:21	6:53
9	David Young	M53	Danville	22:42	7:19
24	Ron Chase	M65	Durham	26:49	8:38
28	Peg Rearick	F54	Hebron	29:32	9:31

## Rock 'N' Roll Marathon San Diego, CA June 4, 2006

Place	Name	Div	Chip Time	Pace
3626	Mark Grandonico	257/813 M47	4:10:54	9:35

## Pond Cove 5K Challenge Cape Elizabeth, ME June 4, 2006

Place	Name	Div	City	Time	Pace
1	Tom Ryan	M50	Cape Elizabeth	16:50	5:26
2	Pete Bottomley	M44	Cape Elizabeth	17:00	5:29
4	Tike Maccoll	M16	Cape Elizabeth	18:38	6:00
37	Beth Rand	F46	Cape Elizabeth	22:37	7:17
43	Joan Lavin	F58	Portland	23:24	7:32
48	Thomas Bottomley	M12	Cape Elizabeth	23:59	7:44
87	Zoe Sobel	F14	Cape Elizabeth	27:07	8:44
130	James Bottomley	M8	Cape Elizabeth	29:25	9:29
135	Eli Sobel	M12	Cape Elizabeth	30:45	9:54

## Maine Sport Outfitters & Peter Ott's Camden 10K Camden, ME June 4, 2006

Name	Div	City	Time
Floyd Lavery	M49	Gorham	38:10
Dino Joannides	M51	Round Pond	43:04
David C Young	M53	Danville	46:45
Carlton Mendell	M84	Windham	1:23:06

## Weekly Back Cove 5K Portland, ME June 7, 2006

Place	Name	Time
4	Dave Edwards	19:55
8	Sarah MacColl	22:03
9	Harry White	22:35
11	Rob Boudewijn	23:50



Bone Density Dash  
Photos by Don Penta





# ROCK 'N' ROLL MARATHON

## San Diego • JUNE 4, 2006

by Mark Grandonico

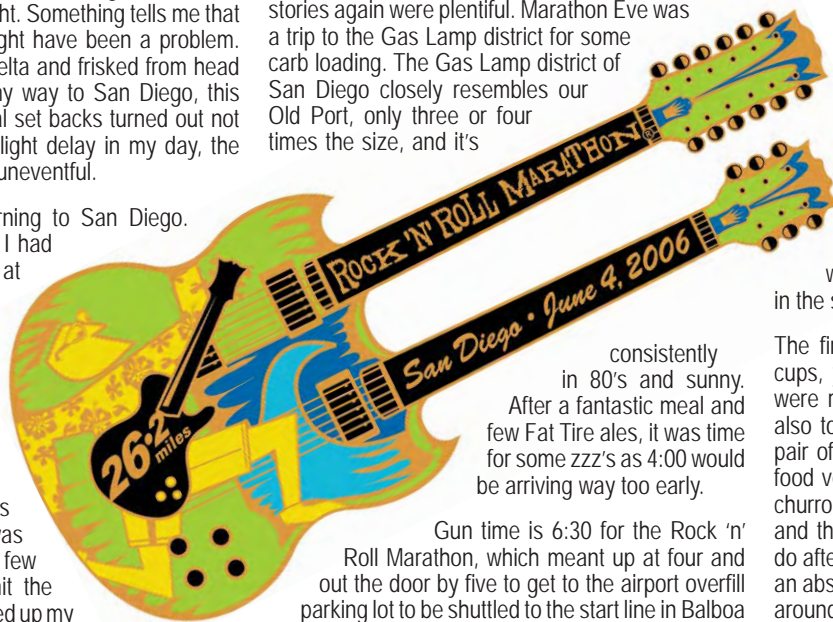
Sitting in the Manchester Airport, it was 5:30. I missed a prancing buck by about 6 inches on Rt. 110 on the way down from Portland. I had just bought a new Jeep Liberty the day before and thought how ironic it would be to smash it up the next day. I was San Diego bound for the R&R Marathon. We boarded our Northwest flight connecting through Detroit without incident. We were supposed to take off at 6:00, but 6:00 came and went, 6:05 came and went as well as 6:15. About then, the dreaded "Ladies and gentleman, this is the Captain" announcement. Nothing ever good comes from those announcements before the plane has departed. Sure enough, our plane had a flat tire. The entire flight was cancelled. My neighbor complained about the whole thing. I, on the other hand, was quite pleased they learned about the tire problem while the plane was on the ground versus learning about it in mid flight. Something tells me that landing with a flat tire might have been a problem. After being switched to Delta and frisked from head to toe, I was finally on my way to San Diego, this time via Atlanta. The initial set backs turned out not to be a problem, just a slight delay in my day, the remainder of the trip was uneventful.

I looked forward to returning to San Diego. In my Coast Guard days I had spent quite a bit of time at the Navy base training for this or that. Every free weekend we would grab our mountain bikes from the torpedo locker and trek out to Mission Beach. One thing for sure about San Diego is the weather, always perfect. The marathon was on Sunday, so I had a few days to see the sites, hit the beaches, and relax. I picked up my Sebring convertible from the airport and headed to my hotel in the Old Town section of the city. Old Town is one of the earliest settled parts of the San Diego with a very heavy Mexican accent. There are numerous restaurants, shops, and tourist attractions to visit, all within walking distance of the hotels. There were several other marathoners staying there. The running stories started right away. One of the best thing about fellow runners: everyone is open to sharing a story, and you make friends fast.

Friday was expo day. I wanted to pick up my bib and chip before the Saturday crowds. The expo was held at the San Diego Convention Center. It was one of the best. Frank Shorter was there signing autographs. There were a ton of giveaways and bargains to be had. The Expo was well laid out and was a breeze to get around. The highlight of the expo for me was meeting Jessi Stensland. Nationally ranked and a US Olympic qualifier Triathlete. Jessi is sponsored by GNC and was at their booth. Luckily for me, and

probably unluckily for her, there was nobody at the booth, and I was able to spend 5 or 10 minutes with her talking about training and upcoming events. Check her out in this month's Runners World as well as several other magazines. Jessi is a model in addition to being a world-class athlete and can be found in GNC magazine ads.

After the expo, it was time for a trip out to Mission Beach and some sun soaking for a few hours. I noticed some type of commotion down the beach a ways and went to check it out. Turns out Jessica Simpson was putting on a show right there on the beach, gotta love California! Friday night I met up with some friends from the Oregon RRC, and we hit the restaurants for a few Margaritas. Saturday I took a two-hour harbor cruise, as part of my marathon philosophy was to save the legs the day before as much as possible. It was a great tour and a lot of other runners had the same idea. The running stories again were plentiful. Marathon Eve was a trip to the Gas Lamp district for some carb loading. The Gas Lamp district of San Diego closely resembles our Old Port, only three or four times the size, and it's



consistently in 80's and sunny. After a fantastic meal and few Fat Tire ales, it was time for some zzz's as 4:00 would be arriving way too early.

Gun time is 6:30 for the Rock 'n' Roll Marathon, which meant up at four and out the door by five to get to the airport overflow parking lot to be shuttled to the start line in Balboa Park. This was all very well organized. The finish line is at the Marine Corps Recruit Depot (MCRD - Boot Camp) adjacent to the airport. I arrived at the start line with plenty of time to spare. The runner's village was very well laid out. Water, coffee, and plenty of porta johns. The Marine Corps Marching Band marching by your corral was how they signaled that it was time to fill your corral. I was in corral #4 shooting for a 3:45 this run (ya right). There were 23 corrals in all. One of the things I noticed was the sea of purple TNT shirts. Later I learned there were nearly 4,000 TNT runners, raising millions for Cancer Research. The mayor of San Diego kicked the race off on the button, and I was off on my 26.2 journey. The Cliff Bar Pace team was there decked out in Elvis costumes and carrying the banners. I kicked in behind the 3:45 Elvis, and off we went. Well that lasted about 10 miles before I needed a new friend and decided to hang out with the 4:00 Elvis.

The course is mostly flat by Maine standards, and the support was excellent. The claim to fame for this race

is the rock and roll bands every mile which was really great. Some people actually stopped and boogied for a few minutes. The heat is always a factor in San Diego. At some Aid Stations salt packages were available. On this race day, the Running Powers-That-Be shined on San Diego. The sun did not make its appearance until 11:00, after most of the sub 4's had finished. San Diego has a phenomena they call the June Gloom. Scientifically it's called a Cold Air Convergence. Cool ocean water and the warm land mass meet creating what we call in Maine - Fog. Though not the pea soup consistency we enjoy, it creates a cool overcast mist which is perfect for running. Although it was in the low 70's, it was still humid and warm for any Mainer this time of year.

The course starts in Balboa Park by the famous San Diego Zoo and winds through downtown for the first 8 miles before heading out Rt. 163 towards Mission Hills. Miles 14 through 23 were my favorite, circling Mission Bay and trekking past Sea World. The last 3 miles reminded me of the Marine Corps Marathon, highway to the finish. Miles 23 to 26 follow the Pacific Highway to the MCRD and the finish line. John "The Penguin" Bingham was the guest announcer at the finish line and announced names and places as fast as the data could be provided. San Diego must be a popular place to get engaged as well. I witnessed three finish-line marriage proposals in the span of about thirty minutes.

The finish area was one of the best. Watermelon cups, yogurt, bananas, bagels, and ice-cold water were readily available. The finisher's medals were also top notch. Additionally, all finishers received a pair of Spenco Sandals. In the reunion area, other food venues were numerous. Burgers, dogs, pizza, churros... it was there. By this time the sun was out, and the crystal blue sky was perfect. What do you do after a marathon? In my case it was jump aboard an absolutely beautiful 36' Catalina sailboat for a sail around San Diego harbor for a few hours. I received the invite from some fellow marathoners I had met in San Diego, and this was one of the highlights of my trip. I was even promoted to Captain and allowed to take the helm for a while. This retired Coastie was on cloud nine. It got better. I was also invited to dinner with John Bingham, his wife, and a group from San Diego and Oregon. We all had a great time talking about running, races, walking, and the usual race in's and out's. John is an interesting guy and kept us entertained over our post marathon feast. It was great to meet the "Penguin" and learn about his Alaska cruise planned for mid June.

All in all, it was a great way to spend my birthday. Oh, I didn't mention it was my birthday June 4th? It was and what a day! Rock 'n' Roll Marathon, sailing San Diego Harbor, and dinner with new friends and the Penguin. I'd call that a good day. I give this a race a big thumbs up. It is very well organized, has a great expo, excellent course support, rock and roll every mile, one of the best finisher's medals out there, and excellent post race activities. Put it on your list.

# Race Results and Photos...

## Shaws Close to the Coast 5K & 10K Freeport, ME June 10, 2006

5K					
Place/Sex	Name	Div	City	Time	K Pace
3	Sean Ireland	M30	Portland	19:01.3	3:48
7	Peter Rearick	M50	Hebron	20:16.3	4:03
13	David House	M50	Cape Elizabeth	20:53.7	4:10
17	Tom Keith	M60	Damariscotta	22:53.1	4:34
5	Valerie Abradi	F40	Lisbon	23:34.5	4:42
25	Charles Sawyer	M60	Concord, NH	25:29.7	5:05
11	Carol Blakeney-Watts	F40	Cumberland	26:32.9	5:18
28	Elwin Guthrie	M70	Walpole	27:27.1	5:29
16	Peg Rearick	F50	Hebron	29:01.4	5:48
32	Ron Perry	M60	Walpole	30:56.9	6:11
25	Paula Sawyer	F50	Concord, NH	31:21.8	6:16
35	Sam Abradi	M12	Lisbon	33:47.2	6:45
30	Kathryn Harris	F60	Falmouth	37:17.3	7:27
35	Carol Perry	F50	Walpole	46:52.0	9:22

10K					
Place/Sex	Name	Div	City	Time	K Pace
4	Floyd Lavery	M40	Gorham	38:50.1	3:53
1	Kendra Hodder	F30	Yarmouth	39:38.8	3:57
11	RJ Harper	M50	Portland	41:48.9	4:10
15	Sam Hodder	M30	Yarmouth	44:14.2	4:25
21	Michael Doyle	M40	Portland	46:49.0	4:40
22	Harry White	M60	Scarborough	46:56.5	4:41
6	Susan Wiemer	F40	Freeport	47:28.8	4:44
8	Colleen Redmond	F40	Portland	48:32.0	4:51
23	Peter Child	M60	Freeport	49:15.5	4:55
24	Harry Center	M40	Freeport	50:21.8	5:02
27	John Boyne	M50	Freeport	51:08.3	5:06
16	Betty Rines	F40	Gorham	54:11.5	5:25
34	Robert Randall	M60	Springvale	56:00.6	5:36
35	Jim Tyrrell	M50	Cape Elizabeth	57:07.1	5:42
36	Walter Fletcher	M50	Freeport	57:40.6	5:46
22	Laura Tyrrell	F50	Cape Elizabeth	57:50.6	5:47

## Teton DAM Marathon Rexburg, ID June 10, 2006

Place	Name	Div	City	Time
63	Donnajeane Pohlman	F50-59	Albion	5:07:28
64	Ronald Paquette	M60-99	Albion	5:07:29
72	Mike Brooks	M60-99	Danville	5:27:51

## Women's Fitness Studio & Spa 5K Brunswick, ME June 11, 2006

Place	Name	Div	City	Time	Pace
4	Stephanie Atkinson	F35	Hollis	20:30	6:36
3	Jeanne Hackett	F47	Scarborough	20:07	6:29
29	Jeannie Johnson	F50	Brunswick	26:00	8:23
25	Zoe Sobel	F14	Cape Elizabeth	25:24	8:11

## Weekly Back Cove 5K Portland, ME June 14, 2006

Place	Name	Time
5	Phil DiRusso	18:42
9	David Edwards	19:27
10	Dave Roberts	19:57
20	Harry White	22:20
21	Ian Parlin	22:33
22	Dave Cannons	22:38
28	Bruce Fithian	24:50
32	Ron Chase	26:34
33	Gene Longobardi	26:48
40	Mark Clinch	39:45

## Doc's Tavern 3-Miler Biddeford, ME June 16, 2006

Place	Name	Div	City	Time	Pace
10	Thomas Noonan	M34	Steep Falls	17:15	5:45
14	Tony Myatt	M19	Portland	17:44	5:55
24	Paul Toohey	M48	Scarborough	19:21	6:27
25	Eric Ortman	M47	Gray	19:22	6:28
28	Brian Denger	M45	Biddeford	19:33	6:31
31	Joseph Wright	M27	South Portland	20:03	6:41
32	Mark Finnerty	M47	Portland	20:07	6:43
36	Robert Parent	M49	Manchester, NH	20:45	6:55
43	Stephen Lauritsen	M45	Saco	21:08	7:03
52	Gretchen Read	F63	Portland	21:36	7:12
66	Don Bessey	M60	Kennebunkport	22:46	7:36
71	Harry Center	M43	Freeport	23:07	7:43
73	Nancy Kneeland	F51	Bar Mills	23:27	7:49
78	Dick Lajoie	M66	Saco	23:36	7:52
110	Jen Noonan	F34	Steep Falls	26:35	8:52
113	Polly Kenniston	F69	Biddeford	26:48	8:56
128	Dennis Morrill	M66	Portland	29:09	9:43
156	Mark Clinch	M50	Gorham	36:58	12:20
157	Carlton Mendell	M84	Windham	38:22	12:48

Paul  
Toohey  
&  
Jeanne  
Hackett

Doc's Tavern Photos  
by Don Penta &  
David Colby Young

Carlton  
Mendell

Harry  
Center

Tony  
Myatt

Don  
Bessey

Eric  
Ortman

Polly  
Kenniston  
&  
Dick  
Lajoie



# Race Results and Photos...

## MECTA Maine Corporate Track Association

### Maine Corporate Track Meet #2 New England Regionals South Portland, ME June 17, 2006

100 Meter Dash				
Place	Name	Div	Team	Time
1	Susan Weimer	W4049	USM	14.1
5	Lois Martin	W5059	Maine Health	19.7
1	Terri Morris	W7079	UnumProvident	23.3R
8	David Young	M5059	City of Portland	18.0

200 Meter Dash				
Place	Name	Div	Team	Time
4	Lois Martin	W5059	Maine Health	43.4
1	Polly Kenniston	W7079	UnumProvident	50.9R
2	Terri Morris	W7079	UnumProvident	54.1
8	David Young	M5059	City of Portland	38.4

400 Meter Dash				
Place	Name	Div	Team	Time
1	Joan Lavin	W5059	UnumProvident	1:28.0
3	Lois Martin	W5059	Maine Health	1:40.5

800 Meter Run				
Place	Name	Div	Team	Time
1	Joan Lavin	W5059	UnumProvident	3:19
1	Polly Kenniston	W7079	UnumProvident	4:09
4	Devon Eartha	M1829	USM	2:22
1	Thomas Ryan	M5059	USM	2:10R
5	David Young	M5059	City of Portland	3:22
6	Dick Bouthillette	M5059	UnumProvident	3:23
7	Jim Tyrrell	M5059	UnumProvident	3:35

1600 Meter Run				
Place	Name	Div	Team	Time
1	Joan Lavin	W5059	UnumProvident	7:12
1	Polly Kenniston	W7079	UnumProvident	9:00
2	Devon Eartha	M1829	USM	5:49
2	David Young	M5059	City of Portland	6:40
3	Jim Tyrrell	M5059	UnumProvident	7:46

3000 Meter Run				
Place	Name	Div	Team	Time
1	Joan Lavin	W5059	UnumProvident	23:37
2	Betsy Barrett	W5059	UnumProvident	25:26
3	Lois Martin	W5059	Maine Health	30:02

5000 Meter Run				
Place	Name	Div	Team	Time
1	Polly Kenniston	W7079	UnumProvident	28:07R
1	David Roberts	M5059	Bath Iron Works	18:44
2	David Young	M5059	City of Portland	22:14
3	Dick Bouthillette	M5059	UnumProvident	25:14
4	Jim Tyrrell	M5059	UnumProvident	25:49

Shot Put				
Place	Name	Div	Team	Distance
2	Susan Weimer	W4049	USM	26-07.0

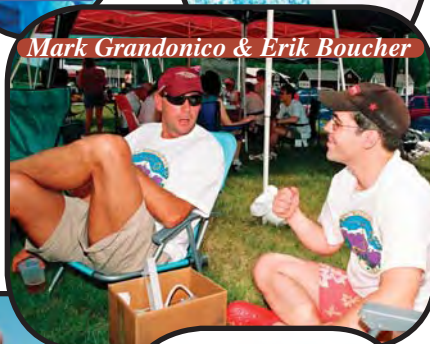
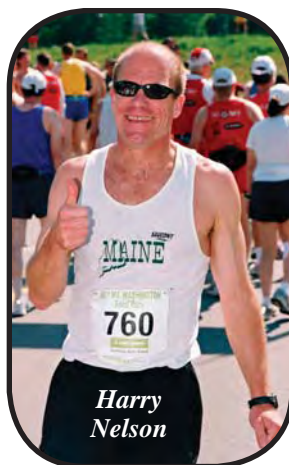
Javelin Throw				
Place	Name	Div	Team	Distance
1	Terri Morris	W7079	UnumProvident	29-03R
3	Dick Bouthillette	M5059	UnumProvident	65-08

Long Jump				
Place	Name	Div	Team	Distance
5	Dick Bouthillette	M5059	UnumProvident	8-09.0

### Mount Washington Road Race - 7.6 Miles Pinkham Notch, Gorham, NH June 17, 2006

Place	Name	Div	City	Time	Pace
165	Sean Ireland	M34	Portland	1:33:26	12:18
175	Richard Mulhern	M52	Falmouth	1:34:32	12:27
286	Jennifer Blastow	F34	Otisfield	1:41:24	13:21
294	Harry Nelson	M52	North Yarmouth	1:41:40	13:23
309	Tom Menendez	M52	Lewiston	1:42:39	13:31
475	Peter Rearick	M54	Hebron	1:51:16	14:39
549	Colleen Redmond	F41	Portland	1:56:22	15:19
591	John Boyne	M58	Freeport	1:58:52	15:39
607	Richard D'Alessandro	M36	Lewiston	1:59:40	15:45
613	John Howe	M71	Waterford	2:00:10	15:49
617	Ronald Paquette	M65	Albion	2:00:50	15:54
636	Ronald Pelton	M53	Freeport	2:01:41	16:01
675	Ian Parlin	M30	Portland	2:05:50	16:34
774	Gerard Bonawitz	M52	Stillwater	2:15:54	17:53
795	Gordon Chamberlain	M68	Otisfield	2:17:54	18:09
829	Renee D'Alessandro	F37	Lewiston	2:25:21	19:08

Mt. Washington Photos by Don Penta & David Colby Young





# Race Results and Photos...

## Family Fit Fest 5K Auburn, ME June 18, 2006

Place	Name	Div	City	Time	Pace
4	Kevin Robinson Jr.	M21	North Yarmouth	18:50	6:05
9	Kelly Brown	F42	Lewiston	19:12	6:12
14	Tom Menendez	M52	Lewiston	20:41	6:41
19	Rick Smith	M38	New Gloucester	21:07	6:49
26	Rick Abradi	M48	Lewiston	22:22	7:13
28	Kevin Robinson Sr.	M50	North Yarmouth	22:29	7:16
29	Norman Morgan	M37	Lisbon Falls	22:45	7:21
32	Peter Bernier	M44	Poland	23:01	7:26
44	Ron Chase	M65	Durham	25:46	8:19
50	Gina D'Avignon	F39	Auburn	27:01	8:43
54	Kim Finethy	F49	Brunswick	27:31	8:53
55	Amanda Penley	F33	Auburn	27:36	8:55
60	Ryan Abradi	M17	Lewiston	28:05	9:04
64	Kathy Butler	F50	Lewiston	28:52	9:19
80	Roger Lajoie	M60	Auburn	33:37	10:51
90	Patricia Gallant	F35	Lewiston	38:54	12:33
91	Sam Abradi	M13	Lewiston	39:09	12:38
92	Janice Bilodeau	F73	Auburn	40:11	12:58
93	Hazel Wightman	F39	Lewiston	42:36	13:45

## Great Lobster 10K Southwest Harbor, ME June 18, 2006

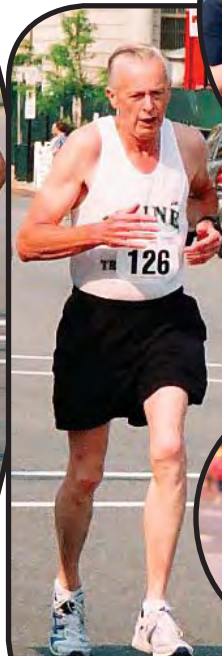
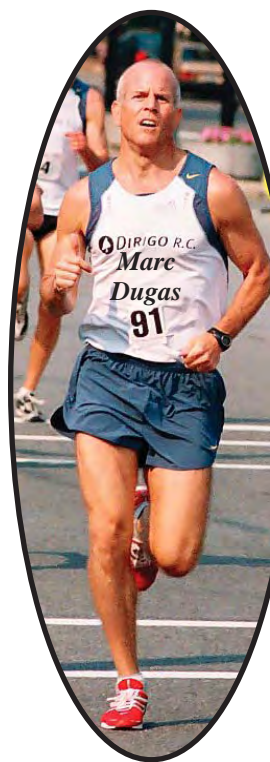
Place	Name	Div	City	Time
11	Jim Prosser	M61	Portland	53:06

## Light to Light 7.5 Miler Rockland, ME June 18, 2006

Place	Name	Time
19	David Colby Young	1:03:53
39	Walter Fletcher	1:13:56

## KeyBank New England Mile Portland, ME June 18, 2006

Place	Name	Div	City	Time
7	Tom Ryan	M5059	Cape Elizabeth	04:35.5
9	Marc Dugas	M4049	Scarborough	04:38.2
14	Peter Bottomley	M4049	Cape Elizabeth	04:41.4
18	Brendan Flynn	M1618	Cape Elizabeth	04:50.2
24	Tony Myatt	M1929	Portland	04:54.4
30	Tike MacColl	M1618	Cape Elizabeth	05:06.8
33	Charles Whitehead	M4049	Gorham	05:09.7
34	Kaitlynn Saldanha	F1618	Scarborough	05:10.0
36	Floyd Lavery	M4049	Gorham	05:11.6
41	Mark Foley	M4049	Portland	05:20.1
46	Jeff Walker	M4049	Falmouth	05:23.9
51	Stephanie Atkinson	F3039	Hollis Center	05:28.3
52	Robin Carlson	F3039	Gorham	05:29.2
61	Matt Flynn	M4049	Cape Elizabeth	05:40.4
66	Peter Rearick	M5059	Hebron	05:46.6
72	Susan Weimer	F4049	Freeport	05:55.6
73	David House	M5059	Cape Elizabeth	05:57.0
79	Lisa Despres	F4049	South Portland	06:08.5
81	Thomas Bottomley	M1012	Cape Elizabeth	06:11.0
88	Harry White	M6069	Scarborough	06:17.4
91	Lauri Dugas	F4049	Scarborough	06:24.9
95	Robert Randall	M6069	Springvale	06:37.6
96	Zoe Sobel	F1315	Cape Elizabeth	06:40.6
98	Robbie Blair	M1012	Raymond	06:43.6
99	Robert Payne	M6069	Raymond	06:44.8
111	James Bottomley	M0109	Cape Elizabeth	07:20.0
113	Laura Tyrrell	F5059	Cape Elizabeth	07:28.7
114	Stephanie House	F1618	Cape Elizabeth	07:32.2
115	Eli Sobel	M1012	Cape Elizabeth	07:32.7
117	Robert Jolicoeur	M6069	Old Orchard Beach	07:45.8
118	Janice Gagnier	F4049	Portland	07:59.3
123	Max Sobel	M1012	Cape Elizabeth	08:59.8
125	Kira Wigoda	F5059	Cape Elizabeth	09:03.8
133	Pat Buckley	M6069	Portland	09:58.0
140	Nancy Walton	F5059	Mechanic Falls	11:31.3
141	Denise Brooks	F4049	Danville	11:37.3
143	Herb Strom	M7099	Cape Elizabeth	12:09.9



New England Mile Photos  
by Don Penta & David Colby Young



## Race Results and Photos...

### Weekly Back Cove 5K

Portland, ME June 21, 2006

Place	Name	Time
21	Joe Wright	21:51
25	David Cannons	23:13
27	Harry Center	24:00
35	Ron Chase	26:55
37	Gene Longobardi	27:29
40	Bob Jolicoeur	28:55
43	Marcy Tierney	32:53
44	Mark Clinch	39:09



*Ian Parlin & Emma Barclay*

### Captain Christopher Scott Cash 5K

Old Orchard Beach, ME June 24, 2006

Place	Name	Div	City	Time	Pace
29	Brian Denger	M4549	Biddeford	19:56	6:26
161	Mel Uchenick	M7099	Kennebunk	29:20	9:28
189	Lois Martin	F5559	South Portland	30:55	9:59

Sea to Summit Photos by Mark Grandonico

### Sea to Summit Sprint Triathlon

Eliot, ME June 24, 2006

Place	Name	Div	Kayak	Bike	Run	Total
12	Trimainiacs	2/5 T	0:19:58	1:22:33	19:56	6:26
18	Ian Parlin	10/35 M	0:18:42	1:27:07	29:20	9:28
24	Emma Barclay	8/25 F	0:17:57	1:36:43	30:55	9:59

### Pottle Hill 5K & 10K

Mechanic Falls, ME June 24, 2006

5K

Place	Name	Div	City	Time	Pace
11	Peter Rearick	M54	Hebron	22:42	7:19
14	Norman Morgan	M37	Lisbon Falls	23:36	7:37
23	Neil Chivington	M59	Pittston	29:37	9:33
28	Mark Clinch Sr.	M50	Gorham	40:33	13:05

10K

Place	Name	Div	City	Time	Pace
1	Floyd Lavery	M49	Gorham	39:26	6:21
7	Bill Reilly	M58	Brownfield	41:50	6:44
13	Tom Menendez	M52	Lewiston	44:54	7:14
15	Robin Carlson	F35	Gorham	46:39	7:31
25	Dana Staples	M26	Auburn	53:18	8:35
28	Betty Rines	F49	Gorham	55:24	8:56
29	Ron Dearth	M50	Falmouth	55:34	8:57
31	Ronald Chase	M65	Durham	55:58	9:01
35	Georgia Vallee	F39	Turner	56:56	9:10
37	Judy McMorrow	F56	Mechanic Falls	57:51	9:19
47	Janice Gagnier	F42	South Portland	1:07:46	10:56
48	Robert DeWitt	M62	Lisbon	1:08:00	10:58
49	John Painter	M62	Casco	1:08:57	11:07
51	Carlton Mendell	M84	Windham	1:31:49	14:49

### Strawberry Festival 5-Miler

South Berwick, ME June 24, 2006

Place	Name	Div	City	Time	Pace
75	Rae Chalmers	7/18 F4049	Gorham	40:38	8:11
80	Paul Serrano	13/24 M3039	So Berwick	40:47	8:13
84	Thomas McLaughlin	13/23 M4049	Gorham	40:59	8:15

### Tour du Lac 10-Miler

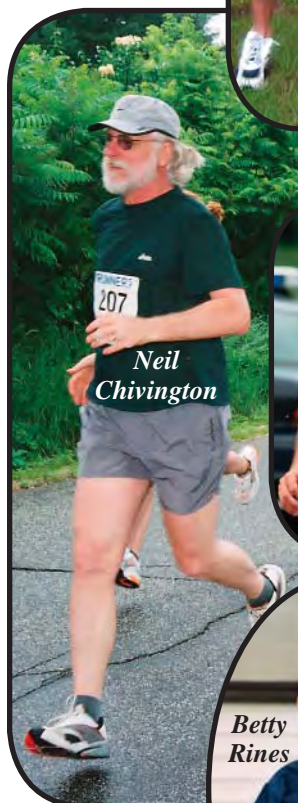
Bucksport, ME June 24, 2006

Place	Name	Div	City	Time	Pace
48	Ron Paquette	M65	Albion	1:39:21	9:57
47	Donnajean Pohlman	F55	Albion	1:39:20	9:56



*Trimainiacs*

*Mark Grandonico, Lisa Despres, John Townsend*



*Neil Chivington*



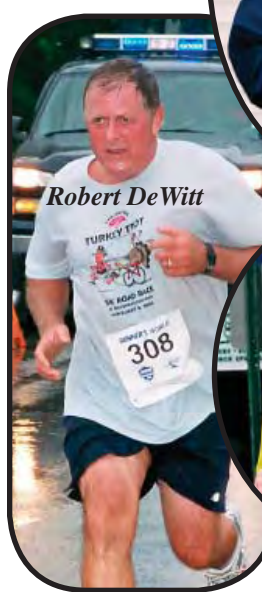
*Peter Rearick*



*Floyd Lavery*



*Betty Rines*



*Robert DeWitt*



*Dana Staples*



*Bill Reilly*

Pottle Hill Photos by Don Penta



# Race Results and Photos...

## Maine Corporate Track Meet #3 Westbrook, ME June 28, 2006

200 Meter Dash				
Place	Name	Div	Team	Time
3	Lois Martin	W5059	Maine Health	41.0
1	Sandy Utterstrom	W6069	UnumProvident	1:01.3
1	Terri Morris	W7079	UnumProvident	55.5
4	Rick Fortier	M3039	City of Portland	27.2
5	David Young	M5059	City of Portland	37.8

400 Meter Dash				
Place	Name	Div	Team	Time
3	Beth McCallum	M1829	City of Portland	1:14.7
2	Maureen Sproul	W5059	UnumProvident	1:20.2
3	Betsy Barrett	W5059	UnumProvident	1:33.4
4	Lois Martin	W5059	Maine Health	1:37.8
1	Sandy Utterstrom	W6069	UnumProvident	2:15.8
1	Polly Kenniston	W7079	UnumProvident	1:50.6R
1	Thomas Ryan	M5059	USM	58.7
5	David Young	M5059	City of Portland	1:16.6
6	Dick Bouthillette	M5059	UnumProvident	1:29.4

800 Meter Run				
Place	Name	Div	Team	Time
3	Betsy Barrett	W5059	UnumProvident	3:33.0
4	Lois Martin	W5059	Maine Health	3:53.6
5	Sherry Grandonico	W5059	Maine Health	3:56.2
1	Sandy Utterstrom	W6069	UnumProvident	5:04.1
1	Polly Kenniston	W7079	UnumProvident	3:55.8R
2	David Young	M5059	City of Portland	2:54.4
3	Jim Tyrrell	M5059	UnumProvident	3:22.9
4	Dick Bouthillette	M5059	UnumProvident	3:31.3

1600 Meter Run				
Place	Name	Div	Team	Time
2	Betsy Barrett	W5059	UnumProvident	7:29.2
3	Sherry Grandonico	W5059	Maine Health	8:31.8
1	Polly Kenniston	W7079	UnumProvident	8:18.4R
1	Thomas Ryan	M5059	USM	5:16.6
4	David Young	M5059	City of Portland	6:06.4
5	Jim Tyrrell	M5059	UnumProvident	7:22.9

Discus Throw				
Place	Name	Div	Team	Distance
6	Dick Bouthillette	M5059	UnumProvident	63-01

High Jump				
Place	Name	Div	Team	Distance
5	Rick Fortier	M3039	City of Portland	4-06

## Weekly Back Cove 5K Portland, ME June 28, 2006

Place	Name	Time
7	Dave Edwards	19:35
14	Sarah MacColl	21:52
15	Zak Boisvert	22:04
18	David Cannons	22:29
26	Rob Boudewijn	24:19
28	Kristin Cook-Center	24:53
29	Lloyd Slocum	25:10
31	Harry Center	25:30
33	Gene Longobardi	26:13
37	Janice Gaigner	31:47



*Sarah MacColl*



*Back Cove 5K Start*



*Kristin Cook-Center*

## Shipbuilders Triathlon Bath, ME June 30, 2006

Place	Name	Swim	Bike	Run	Overall
34	Carrie McCusker	18:02.8	1:13:07.6	44:51.9	2:16:02.20
103	Team - John Boyne	18:46.5	1:28:11.5	48:48.0	2:35:46.11
163	Patty Medina	19:02.5	1:37:26.3	64:36.5	3:01:05.30
165	Karen Connolly	18:20.4	1:32:17.3	71:54.4	3:02:32.10

## Stockholm Super Tour 5 Miler Stockholm, ME July 1, 2006

Place	Name	Div	Time
28	Connie McLellan	F56	41:16

## Rotary River Valley Road Race Rumford, ME July 1, 2006

10K			
Place	Name	Div	Time
3	Kristin Cook-Center	F35	53:34

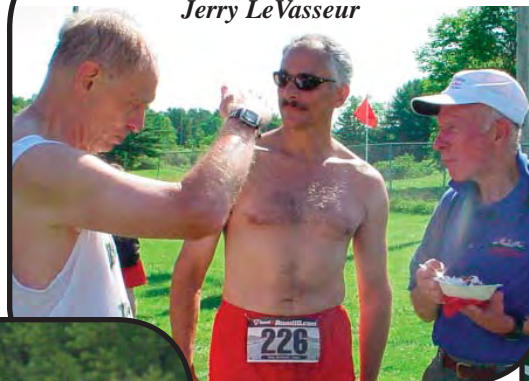
5K			
Place	Name	Div	Time
1	Jeff Arsenaault	M47	20:35
15	Byron Cook	M59	29:56

1 Mile			
Place	Name	Div	Time
2	Jared Arsenaault	M8	8:44

## Strawberry Shortcake Shuffle 5K Damariscotta, ME July 1, 2006

Place	Name	Div	City	Time	Pace
12	Dino Joannides	M50	Round Pond	20:23	6:35
23	David Colby Young	M53	Danville	21:41	7:00
43	Tom Keith	M60	Damariscotta	23:54	7:43
47	Jerry LeVasseur	M68	Brunswick	24:22	7:52
67	Elwin Guthrie	M70	Walpole	27:38	8:55
78	Lois Martin	F55	South Portland	28:59	9:21

*Elwin Guthrie, Dino Joannides,  
Jerry LeVasseur*



*(Left) Back Cove  
Photos by Erik Boucher*

*(Above) Strawberry Shortcake  
Photos by David Colby Young*





# Race Results and Photos...



Kim Finethy & Jeannie Johnson



Zak Boisvert



Bob Jolicoeur



Robert Randall



John Pursel

Luv2Run Photos  
by Don Penta

## Luv2Run Portland 5K Portland, ME July 1, 2006

Place	Name	Div	City	Time	Pace
8	Zak Boisvert	M18	Portland	19:47	6:23
25	John Pursel	M34	Portland	23:40	7:38
31	Robert Randall	M69	Springvale	24:25	7:53
41	Kim Finethy	F49	Brunswick	26:37	8:35
42	Jeannie Johnson	F50	Brunswick	26:37	8:36
50	Bob Jolicoeur	M69	Old Orchard Beach	28:45	9:17
58	Carlton Mendell	M84	Windham	41:01	13:14

## "The Race Across the Sky" Leadville Trail Marathon Leadville, CO July 1, 2006

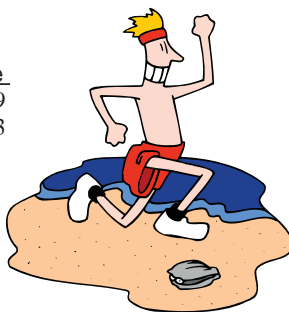
Place	Name	Div	City	Time
218	Ronald Paquette	M60-69	Albion	7:48:24
234	Michael Brooks	M60-69	Danville	8:49:02

## Frye Island 5 Miler Frye Island, ME, July 2, 2006

Place	Name	Div	Time
20	Jeanne Christie	F48	47:09
21	Larry DeHof	M56	47:23

## Sebec Village 4th of July 5K Sebec, ME July 4, 2006

Place	Name	Time
32	Janice Bilodeau	37:19



## L.L. Bean 10K Freeport, ME July 4, 2006

Place	Name	Div	City	Time	Pace
5	Tom Ryan	M5054	Cape Elizabeth	35:36	5:44
9	Philip DiRusso	M3034	Freeport	36:42	5:55
12	Joan Samuelson	F4549	Freeport	37:19	6:01
15	Floyd Lavery	M4549	Gorham	38:08	6:09
37	David Edwards	M4549	Pownal	40:18	6:30
41	John Eldredge	M4044	Cumberland	40:43	6:34
45	Sean Ireland	M3034	Portland	41:03	6:37
50	Ellie Tucker	F5054	North Yarmouth	41:17	6:39
78	Rick Smith	M3539	New Gloucester	42:52	6:54
84	Harry Nelson	M5054	North Yarmouth	43:08	6:57
113	Matt Flynn	M4044	Cape Elizabeth	44:38	7:11
118	James Corbett	M4044	Cape Elizabeth	44:47	7:13
121	Abby Samuelson	F1519	Freeport	44:55	7:14
146	David House	M5559	Cape Elizabeth	45:58	7:24
151	Peter Rearick	M5054	Hebron	46:16	7:27
162	Gretchen Read	F6064	Portland	46:38	7:31
166	Harry White	M6064	Scarborough	46:41	7:31
187	Kevin Robinson Sr.	M5054	North Yarmouth	48:08	7:45
190	Scott Samuelson	M4549	Freeport	48:12	7:46
196	Michael Doyle	M4044	Portland	48:27	7:48
208	Colleen Redmond	F4044	Portland	48:46	7:51
212	Stephen Lauritsen	M4549	Saco	49:01	7:54
217	Dale Rines	M5054	Gorham	49:29	7:58
221	Mallory Vaccaro	F3034	Yarmouth	49:38	8:00
224	Marnie Flynn	F4044	Cape Elizabeth	49:40	8:00
227	John Boyne	M5559	Freeport	49:43	8:01
235	Douglas Couper	M4549	Falmouth	50:00	8:03
239	Bonnie Hoag	F5054	Portland	50:53	8:12
278	Jerry LeVasseur	M6569	Brunswick	51:54	8:22
285	Kristin Cook-Center	F3539	Freeport	52:14	8:25
292	Ron Pelton	M5054	Freeport	52:41	8:29
307	Harry Center	M4044	Freeport	53:24	8:36
325	Betsey Barrett	F5559	Scarborough	53:57	8:41
328	Joseph Cook	M5559	Westbrook	54:06	8:43
340	Jim Prosser	M5054	Portland	54:45	8:49
372	Ronald Chase	M6569	Durham	55:49	8:59
377	Bob Branson	M6569	Scarborough	56:19	9:04
387	Ron Morris	M4549	Freeport	56:51	9:09
388	Kim Finethy	F4549	Brunswick	56:56	9:10
396	Howard Spear	M5559	Westbrook	57:17	9:13
401	Polly Kenniston	F6569	Scarborough	57:30	9:16
423	Gina D'Avignon	F3539	Auburn	58:44	9:28
426	Eugene Longobardi	M4044	South Portland	58:51	9:29
430	Walter Fletcher	M5559	Freeport	59:18	9:33
434	Elwin Guthrie	M7099	Walpole	59:39	9:36
440	Bob Jolicoeur	M6569	Old Orchard Beach	1:00:02	9:40
452	Beth Branson	F6569	Scarborough	1:00:59	9:49
481	Donna Bisbee	F4549	Portland	1:04:30	10:23
485	Yumi Dearth	F5054	Falmouth	1:04:51	10:27
486	Pam Dutremble	F4044	Portland	1:05:02	10:28
504	Robert DeWitt	M6064	Lisbon	1:06:47	10:45
512	Bob Whitney	M5054	Brunswick	1:08:51	11:05
532	Sally Paterson	F6064	Yarmouth	1:16:36	12:20



# Race Results and Photos...



## Bridgton 4 on the Fourth Bridgton, ME July 4, 2006

## York Four on the Fourth York, ME July 4, 2006

Place	Name	Div	City	Time	Pace
105	Robert Parent	M4044	Manchester, NH	28:58	7:15

## Friends on the 4th 5K Winthrop, ME July 4, 2006

Place	Name	Div	City	Time
21	Jeff Arsenaault	M49	Rumford	19:57
85	Betsy McGrail	F44	Leeds	23:53
97	Liz Sylvester	F45	Winthrop	24:51
124	Georgia Vallee	F39	Turner	26:39
149	Neil Chivington	M59	Pittston	28:05
170	Byron Cook	M59	Livermore	29:33
176	Rusty Vallee	M43	Turner	29:43
279	Deborah Stewart	F44	Chelsea	47:59
284	Donna Davis-Rankin	F44	Manchester	50:20

## Goose Rocks Beach 5K Kennebunkport, ME July 4, 2006

Place	Name	Div	City	Time	Pace
23	Charlie Whitehead	M44	Gorham	19:13	6:12
29	Eric Ortman	M47	Gray	19:34	6:19
34	Brian Denger	M45	Biddeford	19:48	6:23
110	Lloyd Slocum	M73	Hollis	22:50	7:22
123	Robert Randall	M69	Springvale	23:16	7:30
358	Mel Uchenick	M75	Kennebunk	28:45	9:16
415	Denny Morrill	M66	Portland	30:18	9:46
531	Pat Buckley	F68	Portland	35:06	11:19
567	Mel Fineberg	M70	Portland	40:36	13:06
588	Ruth Hefflefinger	F77	Portland	44:03	14:13

Place	Name	Div	City	Time	Pace
6	Peter Bottomley	M4044	Cape Elizabeth	21:50	5:28
22	Thomas Noonan	M3034	Steep Falls	23:33	5:54
31	Tony Myatt	M1924	Portland	24:10	6:03
34	Abby Iselborn	F1418	Portland	24:19	6:05
47	Tike MacColl	M1418	Cape Elizabeth	25:19	6:20
48	Bill Reilly	M5559	Brownfield	25:20	6:20
50	Mike Grant	M4549	Scarborough	25:31	6:23
87	Mark J. Finnerty	M4549	Portland	26:56	6:44
94	Stephanie Atkinson	F3539	Hollis Center	27:09	6:48
117	Sarah MacColl	F5054	Cape Elizabeth	27:56	6:59
142	Susan Weimer	F4044	Freeport	28:38	7:10
187	Philip Pierce	M6064	Falmouth	29:43	7:26
320	John Howe	M7074	Waterford	32:18	8:05
328	Bob Payne	M6569	Raymond	32:26	8:07
352	Carol Blakeney-Watts	F4044	Cumberland	32:52	8:13
529	Bill Dexter	M5054	Cumberland	35:55	8:59
570	Judy Reilly	F5559	Brownfield	36:30	9:08
789	Peg Rearick	F5054	Hebron	41:09	10:18
893	John Painter	M6064	Casco	43:08	10:47
897	Kenneth Spier	M6064	Portland	43:42	10:56
1053	Sandy Utterstrom	F6064	Falmouth	48:18	12:05
1111	Mark Clinch	M5054	Gorham	50:42	12:41
1113	Carlton Mendell	M7599	Windham	51:03	12:46

## First Colony Freedom 5K Sugar Land, TX July 4, 2006

Place	Name	Div	Time	Pace
14	Mark Berman	3/32 M4044	19:07.8	6:10

## Pik Qwik Firecracker 5K Thomaston, ME July 4, 2006

Place	Name	Div	City	Time
20	David Young	M53	Danville 2	1:45



# Race Results and Photos...

## Weekly Back Cove 5K Portland, ME July 5, 2006

Place	Name	Time
13	David Cannons	22:09
16	John Rogers	23:06
21	Lloyd Slocum	24:31
30	Jim Estes	31:32
33	Janice Gagnier	31:58
37	Mark Clinch	39:13



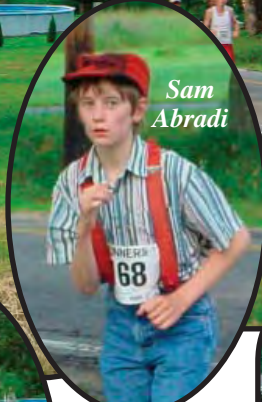
*Norman Morgan*



*Valerie Abradi*



*Rick Abradi*



*Sam Abradi*

## Moxie Day 5K Lisbon Falls, ME July 8, 2006

Place	Name	Div	City	Time	Pace
27	Tom Menendez	M52	Lewiston	19:57	6:27
40	Peter Rearick	M54	Hebron	21:31	6:57
41	Rick Abradi	M48	Lisbon	21:32	6:57
53	Norman Morgan	M37	Lisbon Falls	22:10	7:10
70	Valerie Abradi	F46	Lisbon	23:14	7:30
73	Jerry LeVasseur	M68	Brunswick	23:35	7:37
99	Ron Chase	M65	Durham	24:55	8:03
126	Renee D'Alessandro	F37	Lewiston	26:34	8:35
134	Kim Finethy	F49	Brunswick	27:23	8:50
136	Gina D'Avignon	F39	Auburn	27:26	8:51
139	Mike Brooks	M60	Danville	27:58	9:02
165	Peg Rearick	F54	Hebron	29:56	9:40
166	Robert DeWitt	M62	Lisbon	29:56	9:40
178	Donna Davis-Rankin	F44	Manchester	33:04	10:40
183	Sam Abradi	M13	Lisbon	34:59	11:18
188	Carlton Mendell	M84	Windham	39:23	12:43



*Ron Chase*



*Peg Rearick*



*Tom Menendez*

## 4th Annual Run for the Gym 5K Springvale, ME July 8, 2006

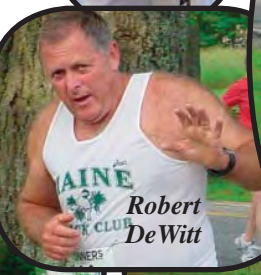
Place	Name	Div	Time	Pace
41	David Colby Young	M53	21:22	6:54
62	Lloyd Slocum	M73	23:08	7:28
104	Robert Jolicoeur	M69	27:10	8:46
135	Denny Morrill	M66	30:42	10:03
141	Karen Connolly	F47	32:16	10:25
162	Carlton Mendell	M84	39:17	12:41



*Mike Brooks*



*Carlton Mendell*



*Robert DeWitt*

## K.B.I.A. A Day at the Beach 5K Kennebunk, ME July 9, 2006

Place	Name	Div	City	Time	Pace
5	Zak Boisvert	2/4 M1719	Portland	18:31	5:58
84	Bob Jolicoeur	2/6 M6069	Old Orchard Beach	27:31	8:52
105	Mel Uchenick	1/2 M7099	Kennebunk	29:03	9:21

## Lake Winnecook Sprint Triathlon Unity, ME July 9, 2006

Place	Name	Div	Swim	Bike	Run	Overall
7	Tom Trytek	1/8 M51	14:15	45:53	26:14	1:26:21
40	Susan Wiemer	4/14 F40	17:42	54:16	29:50	1:41:47
44	Shaun Smith	8/12 M35	19:45	49:39	32:55	1:42:18
53	Katie Harris	8/21 F39	19:33	52:42	33:15	1:45:29
81	Marty Lawrence	1/1 F50				1:58:09

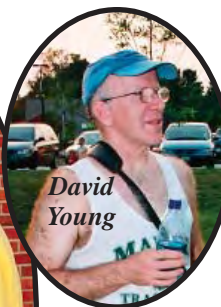
(Above) Moxie Day Photos by David Colby Young; (Below) Run for the Gym Photos by Don Penta



*Robert & Karen Connolly*



*Lloyd Slocum*



*David Young*



*Denny Morrill*





## Race Results and Photos...



Run to the Lake Photos  
by David Colby Young

### Oxford Hills Run to the Lake 5K Norway, ME July 9, 2006

Place	Name	Div	City	Time	Pace
19	Tom Menendez	M52	Lewiston	20:05	6:28
22	Jeffrey Arsenault	M49	Rumford	20:22	6:34
34	Norman Morgan	M37	Lisbon Falls	22:39	7:18
36	Phil Pierce	M64	Falmouth	23:01	7:25
68	John Howe	M71	Waterford	25:14	8:08
76	Georgia Vallee	F39	Turner	25:46	8:18
94	Mike Brooks	M60	Danville	27:52	8:59
99	Carolyn Court	F51	Lewiston	29:04	9:22
103	Rusty Vallee	M43	Turner	29:32	9:31
136	Carlton Mendell	M84	Windham	40:17	12:58
138	Hazel Wightman	F39	Auburn	41:37	13:24

### Weekly Back Cove 5K Portland, ME July 12, 2006

Place	Name	City	Time	Pace
8	Jeff Walker	Falmouth	20:59	6:46
15	David Cannons	Portland	22:16	7:10
20	Rob Boudewijn	Portland	24:13	7:48
22	Kristin Cook-Center	Freeport	24:38	7:56
28	Harry Center	Freeport	25:49	8:19
31	Jim Estes	Portland	27:02	8:43
35	Byron Cook	Livermore	28:46	9:16
40	Janice Gagnier	South Portland	31:14	10:04
45	Mark Clinch	Gorham	40:21	13:00

### The Library Race 5K Kennebunk, ME July 14, 2006

Place	Name	Div	City	Time	Pace
36	Carol Weeks	F5059	Kennebunk	23:24	7:32
37	Lloyd Slocum	M7099	Hollis	23:27	7:33
38	Stephen Lauritsen	M4049	Saco	23:28	7:33
87	Robert Jolicoeur	M6069	Old Orchard Beach	28:28	9:10
134	Victoria Quinlan	F4049	Kennebunk	33:21	10:44
148	Karen Connolly	F4049	Hollis	35:50	11:32
192	Robert Connolly	M5059	Hollis	45:10	14:33

### Devoted To Deveau 5K Portland, ME July 15, 2006

Place	Name	Div	City	Time	Pace
15	Tike MacColl	M17	Cape Elizabeth	19:14	6:12
20	Jeff Walker	M40	Falmouth	20:15	6:31
58	Charles Iselborn	M49	Portland	22:41	7:19
89	John Rolfe	M52	Portland	26:38	8:35
146	Pat Buckley	F68	Portland	41:39	13:26

### Run for Emily Fletcher 5K Auburn, ME July 15, 2006

Place	Name	Div	Time
5	Chris Harmon	M18	17:13
26	Katie Herrick	F21	21:05
42	Dan Cake	M61	23:05
54	Dana Staples	M27	24:29
112	Byron Cook	M59	29:56

### Old Hallowell Day 4 Miler Hallowell, ME July 15, 2006

Place	Name	Div	City	Time	Pace
7	Ken Voorhees	M50	Litchfield	25:27	6:22
124	Jill Parker	F36	Brunswick	43:29	10:52
140	Carlton Mendell	M84	Windham	53:37	13:22



Back Cove Photos  
by Erik Boucher



# Race Results and Photos...

## Newport Cultural Center 5K Newport, ME July 15, 2006

Place	Name	Div	City	Time	Pace
14	Ronald Chase	M65	Durham	25:19	8:09

## Mollyockett Day Classic 5 Miler Bethel, ME July 15, 2006

Place	Name	Div	City	Time	Pace
3	Tom Noonan	M34	Steep Falls	31:18.9	6:15
7	Tom Menendez	M52	Lewiston	35:09.6	7:01
8	Jeffrey Arsenaault	M49	Rumford	35:32.3	7:06
16	Peter Rearick	M54	Hebron	38:37.3	7:43
28	Tom Keith	M60	Damariscotta	41:43.5	8:20
62	Jen Noonan	F34	Steep Falls	48:31.7	9:42
70	Suzanne Blais	F48	Auburn	52:19.7	10:27
77	Peg Rearick	F54	Hebron	54:42.6	10:56

## Maine Corporate Track State Championship Meet South Portland, ME July 15, 2006

### 65 Meter Hurdles

Place	Name	Div	Team	Time
1	Susan Weimer	W4049	USM	11.4
3	Devon Eartha	M1829	USM	12.0

### 100 Meter Dash

Place	Name	Div	Team	Time
1	Susan Weimer	W4049	USM	13.6R
3	Lois Martin	W5059	Maine Health	18.8
1	Terri Morris	W7079	UnumProvident	24.8
10	David Young	M5059	City of Portland	18.0

### 200 Meter Dash

Place	Name	Div	Team	Time
1	Susan Weimer	W4049	USM	29.8
3	Lois Martin	W5059	Maine Health	44.5
1	Terri Morris	W7079	UnumProvident	55.1

### 400 Meter Dash

Place	Name	Div	Team	Time
1	Susan Weimer	W4049	USM	1:07.7
3	Lois Martin	W5059	Maine Health	1:36.8
4	Sherry Grandonico	W5059	Maine Health	1:38.7
1	Polly Kenniston	W7079	UnumProvident	1:51.5
3	Dave Roberts	M5059	BIW	1:05.7
8	David Young	M5059	City of Portland	1:19.9
3	Jerry LeVasseur	M6069	BIW	1:29.3

### 800 Meter Run

Place	Name	Div	Team	Time
2	Sherry Grandonico	W5059	Maine Health	3:52.5
3	Laura Tyrrell	W5059	UnumProvident	4:03.0
1	Polly Kenniston	W7079	UnumProvident	4:01.2
6	Devon Eartha	M1829	USM	2:24.9
3	David Young	M5059	City of Portland	2:51.0
5	Jim Tyrrell	M5059	UnumProvident	3:24.4
1	Jerry LeVasseur	M6069	BIW	3:20.4

### 1600 Meter Run

Place	Name	Div	Team	Time
2	Laura Tyrrell	W5059	UnumProvident	7:52.5
3	Sherry Grandonico	W5059	Maine Health	8:22.7
1	Polly Kenniston	W7079	UnumProvident	8:35.3
1	Dave Roberts	M5059	BIW	5:25.1
3	David Young	M5059	City of Portland	6:30.3
5	Dick Bouthillette	M5059	UnumProvident	7:18.1
6	Jim Tyrrell	M5059	UnumProvident	7:42.2
1	Jerry LeVasseur	M6069	BIW	7:16.3



Mollyockett Photos  
by Don Penta



MECTA Photos  
by David Colby Young



# Race Results and Photos...

## 5000 Meter Run

Place	Name	Div	Team	Time
2	Joan Lavin	W5059	UnumProvident	23:45.1
4	Laura Tyrrell	W5059	UnumProvident	28:25.4
5	Lois Martin	W5059	Maine Health	30:08.2
1	Polly Kenniston	W7079	UnumProvident	27:44.8R
1	Dave Roberts	M5059	BIW	18:32.0
2	Jim Toulouse	M5059	UnumProvident	19:40.3
3	David Young	M5059	City of Portland	21:36.8
7	Jim Tyrrell	M5059	UnumProvident	26:03.7
1	Jerry LeVasseur	M6069	BIW	24:46.8

## Shot Put

Place	Name	Div	Team	Distance
2	Susan Weimer	W4049	USM	26-11

## Discus Throw

Place	Name	Div	Team	Distance
4	Dave Roberts	M5059	BIW	67-02
5	Dick Bouthillette	M5059	UnumProvident	66-09

## Javelin Throw

Place	Name	Div	Team	Distance
2	Sherry Grandonico	W5059	Maine Health	43-09R
1	Terri Morris	W7079	UnumProvident	23-01
6	Dick Bouthillette	M5059	UnumProvident	61-07

## Long Jump

Place	Name	Div	Team	Distance
3	Jerry LeVasseur	M6069	BIW	8-01.75

## High Jump

Place	Name	Div	Team	Distance
4	Devon Eartha	M1829	USM	5-02

## Paul Bunyan Marathon & 15K Bangor, ME July 16, 2006

### 15K

Place	Name	Div	City	Time	Pace
10	Tony Myatt	M19	Portland	1:03:23	7:03
72	Yumi Dearth	F50	Falmouth	1:35:47	10:39

### Marathon

Place	Name	Div	City	Time	Pace
26	Tom Trytek	M51	Harpswell	3:33:26	8:09
120	Ronald Dearth	M50	Falmouth	4:27:46	10:14
131	Gerard Bonawitz	M52	Stillwater	4:31:24	10:22
170	Ron Paquette	M65	Albion	4:49:47	11:04
171	Donnajeane Pohlman	F55	Albion	4:50:13	11:05
214	Bob Whitney	M53	Brunswick	5:19:04	12:11

## Weekly Back Cove 5K Portland, ME July 19, 2006

Place	Name	Time
9	Floyd Lavery	19:44
24	David Cannons	22:42
28	Lloyd Slocum	23:44
29	Rob Boudewijn	23:59
38	Jim Estes	26:45
40	Bob Jolicoeur	28:07
52	Mark Clinch	39:27
53	Pat Buckley	40:29

## Maine USATF Championship Lewiston, ME July 22, 2006

### 5000 Meter Race Walk

Place	Name	Div	Time
1	David Young	M54	43:34.8

### 5000 Meter Run

Place	Name	Div	Time
1	David Young	M54	14:23.2
2	Jerry LeVasseur	M68	14:26.6

### 1500 Meter Dash

Place	Name	Div	Time
1	David Young	M54	5:59.8
2	Jerry LeVasseur	M68	6:37.1

### 800 Meter Dash

Place	Name	Div	Time
1	David Young	M54	2:58.4
2	Jerry LeVasseur	M68	3:15.7

*Jerry LeVasseur*



*Paul Bunyan, Ronald & Yumi Dearth*



(Above) ME USATF Photos  
by David Colby Young

(Below) Paul Bunyan Photos  
by David Colby Young

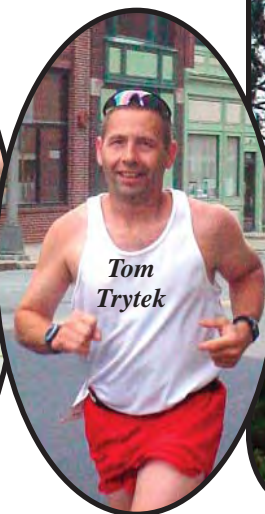
*Gerard  
Bonawitz*



*Bob  
Whitney*



*Tom  
Trytek*



*Ron  
Paquette*





# PORTLAND TRAILS 7<sup>TH</sup> ANNUAL 10K RACE/WALK

## SEPTEMBER 17<sup>TH</sup>, 9:00 AM



**Registration**  
MAIL: Portland Trails,  
305 Commercial Street, Portland, ME 04101  
RACE DAY: 7:30 - 8:30 a.m., Shipyard Brewing  
Company lot, Fore Street (just east of India St.)

ONLINE: [www.active.com](http://www.active.com)  
The first 200 registrants receive a  
technical running shirt from Mizuno!



**Check in**  
Bib numbers and shirts  
can be picked up on race day from 7:30 to 8:30 a.m.  
at the Shipyard Brewing Company lot on Fore Street or  
on 9/15 (10am-6pm) or 9/16 (9am-5pm) at the Maine  
Running Company, 563 Forest Avenue.

Free race day parking is available courtesy of  
GG Direct, 100 Fore Street.



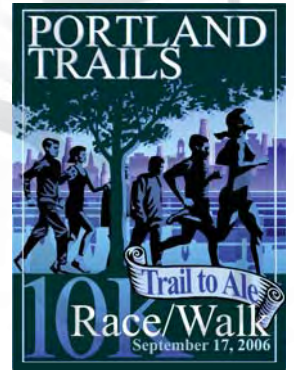
**Party**  
A post race party will  
be held at the registration area at Shipyard  
Brewing Company from 9:30 am to Noon.  
Pizza, courtesy of Portland Pie Company,  
and complimentary beverages will be  
served. Awards and raffle prizes  
will be given out at 10:30am.



**The Course**  
The starting line is on  
the Eastern Prom Trail near East End Beach.  
Runners and walkers are invited to walk  
approximately one mile from the registration area  
to the starting line as a warm-up—or enjoy a  
free ride on the Maine Narrow Gauge Railroad.  
Folks arriving after 8:00 a.m. should plan on a  
20-minute walk to the start. The 10K loops  
Back Cove and finishes back near the  
registration area. The entire course is  
on off-road trails with stone dust  
and paved surfaces.



**Awards**  
Top 3 women and  
top 3 men overall receive framed  
awards courtesy of Grapheteria  
**TOP 3 MEN & WOMEN:** 14 & under, 15-19,  
20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+  
**WALKERS:** We encourage walkers to join  
our fun, non-competitive 10K walk.



FOR MORE INFO: [www.trails.org](http://www.trails.org), 207-775-2411, or email [nan@trails.org](mailto:nan@trails.org)

### PORTLAND TRAILS 10K

### RACE/WALK REGISTRATION FORM

• 1 person per form please — photocopies accepted •

\$\_\_\_\_ Registration: \$15.00 before September 13  
\$18.00 after September 13

\$\_\_\_\_ Additional donation enclosed to help  
build more trails around Portland

\$\_\_\_\_ I'd like to be a member of Portland Trails.  
(Individual - \$35/Family - \$50)

\$\_\_\_\_ TOTAL —checks payable to Portland Trails

☐ Please charge my MC/VISA  
#\_\_\_\_\_ exp \_\_\_\_/\_\_\_\_/\_\_\_\_

### PLEASE PRINT

Name \_\_\_\_\_  
Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_

Gender ☐ M ☐ F ☐ Age on race day \_\_\_\_\_

Email \_\_\_\_\_

Birth Date (MM/DD/YY) \_\_\_\_/\_\_\_\_/\_\_\_\_

Tee shirt request ☐ S ☐ M ☐ L ☐ XL ☐

I understand that running a road race is a potentially hazardous activity. I further understand that I should not enter the road race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and conditions of the trails, all such risks being understood and appreciated by me. Having read this waiver and understanding these facts, and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Portland Trails, Split Time Race Management, and all sponsors and volunteers, their representatives and successors from any claims or liabilities or causes of action of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature **X** \_\_\_\_\_

(Signature of Parent/Guardian if under 18)



**All proceeds benefit**  
Windham Fire, Police and  
Parks & Recreation Departments  
and  
Windham Lions Charities

**Sunday, October 1, 2006**  
Registration 10:00 - 11:30  
Windham High School  
Rt. 202 (1 mile from the rotary)  
5K Run & Walk at 12:00  
Windham High School  
Windham, ME

T-shirts for the first 100 registrants.  
Special medal to all finishers.

### 5K Road Race

The course begins and ends near the Windham High School track. The course has a fairly tough hill in the 1st mile, but is relatively flat the rest of the way.  
Cost: \$12.00 Pre-registration by 9/25/06  
\$15.00 Race day  
Children under 12 free (no T-shirt)

Awards to the top three male and female finishers and top finishers in various age groups.

### Pledges

- All participants are encouraged to collect pledges. All pledges are due walk/race day.
- Collect \$100+ in pledges & registration is free.

Martin's Point Health Care is proud to be a returning sponsor for this event. Martin P. Moose (Marty), our mascot, will be at the starting line to support the runners and walkers of all ages!

*Please complete your event registration, sign and return completed form to the address below  
or sign up on-line at [www.windhamlions5k.org](http://www.windhamlions5k.org)  
207-892-3966*

### WALK REGISTRATION

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City/State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Entry Fee: Pre-registration (by 9/25/06) Event Day Children (12 & Under)  
\$10.00 \$12.00 FREE (does not include T-Shirt)  
Team \_\_\_\_\_ Team Captain \_\_\_\_\_

### ROAD RACE REGISTRATION

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City/State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Entry Fee: Pre-registration (by 9/25/06) Event Day Children (12 & Under)  
\$12.00 \$15.00 FREE (does not include T-Shirt)  
Team \_\_\_\_\_ Team Captain \_\_\_\_\_

In consideration of this entry being accepted to participate in this charitable event, I, my heirs, personal representatives and assigns waive and release any and all claims I may have as a result of my participation in the Windham Lions 5K Run/Walk against its organizers and sponsors, including, but not limited to, Windham Lions Club, and the Town of Windham.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Collect \$100+ in pledges and registration is free.**

For the safety of runners - no headphones, baby strollers/joggers, rollerblades, or animals are allowed. No refunds.

**Return to:** Rick Garcia, c/o The Fitness Barn, 456 Roosevelt Trail, Windham, ME 04062

Please make checks payable to: **Windham Lions Club**

*All participants must register. Use one registration per person. Photocopy for additional entries.*



USA Track & Field  
Certified  
50M (ME-05006RF)  
50K (ME-05007RF)

# MAINE TRACK CLUB ULTRA 50 MILER/50K SATURDAY, OCTOBER 14, 2006 BRUNSWICK, MAINE



\*\*\* RACE STARTS AT 6:30 A.M. \*\*\*

**COURSE DESCRIPTION:** This is a series of flat, scenic four-mile loops on a road course. 50-mile runners go out one mile and back one mile, then 12 loops. 50K runners go out 1.6 miles and back 1.6, then 7 loops. Water, Coke, and Gatorade every two miles; food and splits every four miles. Bathroom every four miles. Extensive course monitoring and support.

## REGISTRATION:

Online: [www.Active.com](http://www.Active.com) or [www.MaineTrackClub.com](http://www.MaineTrackClub.com)

By Mail: before September 30<sup>th</sup>

On Race Day: at 6:00 a.m.

**ENTRY FEE:** \$25.00 (\$35.00 after September 30<sup>th</sup>)  
Long sleeve t-shirt guaranteed if registered by September 30<sup>th</sup>. Entry fee includes all refreshments.

**PACKET PICK-UP:** At the start line beginning at 6:00 a.m.

**PREPARATION:** All participants are expected to have trained for a 50M or 50K race. Runners have the option of switching from the 50 Miler to the 50K, or vice versa, while the event is in progress. The race director reserves the right to remove any competitor from the race at any time. Competitors are expected to complete the event in 11<sup>1/2</sup> hours or less. The course will be closed at 6:00 p.m.

**POST-RACE:** Showers are available at nearby Bowdoin College.

**AWARDS:** To top male and female finishers in each age group

## COURSE RECORD 50 miler:

Male	Bernd Heinrich	5:22:48
Female	Ellen McCurtin	6:19:59

**DIRECTIONS TO START** (Pennelville Road in Brunswick): I-95 to Brunswick/Bath exit (Coastal Route 1). Follow Route 1 into Brunswick and proceed straight onto Pleasant Street at Miss Brunswick Diner rather than making a sharp left curve on Route 1 toward Bath. At Maine Street (7-Eleven is on right), turn right. Proceed on Maine Street past Bowdoin College for several miles. Pass hospital and bear left at fork onto Mere Point Road. At next fork, bear left onto Middle Bay Road. As you come to a soccer field on the right, turn right and park. You will see the registration/start area just ahead.

**FOR MORE INFORMATION:** Contact Erik Boucher (774-2654) [ebouche1@maine.rr.com](mailto:ebouche1@maine.rr.com)

**MAIL THIS FORM:** With your \$25 check (or \$35 after September 30<sup>th</sup>, payable to Maine Track Club) to:

Erik Boucher  
66 Grant Street, #4  
Portland, ME 04101-2277

---

50 MILER <input type="checkbox"/> 50K <input type="checkbox"/>	SEX M <input type="checkbox"/> F <input type="checkbox"/>	DATE OF BIRTH _____
NAME _____	AGE RACE DAY _____	
ADDRESS _____	EVE PHONE _____	
TOWN _____	STATE _____ ZIP _____	

T-SHIRT SIZE S ☐ M ☐ L ☐ XL ☐

**NO RADIO HEADSETS**

**NO BABY STROLLERS**

**NO REFUNDS**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to falls or contact with other participants, the effect of the weather (including wind, rain, and snow!), traffic and the conditions of the road, in consideration of your accepting my entry. I for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, Race Staff, the Town of Brunswick, B.H. Milliken, and all other sponsors, their representatives and successors from all claims or liabilities arising out of my participation in this event.

SIGNATURE (PARENT if under 18) \_\_\_\_\_



The Maine Chapter of the  
American Physical Therapy  
Association Presents the

# 17th Annual PT 8K

Sunday October 15th 2006  
Brunswick High School  
Maquiot Road, Brunswick

Registration: 7:30-8:30 am  
Stretching Clinic: 8:30 am  
Race Start: 9:00 am  
Post Race Massages: 10:00 am  
Awards Ceremony: 10:15 am

**RACE FEATURES:** FAST, FLAT, USATF certified 8K course with ocean views; Approximately \$2,000 in prizes; Shower facilities available; Prompt, full results posted/published; Post-race refreshments.

**AWARDS:** First 4 male & female overall finishers; First 3 male & female finishers in age group divisions (17 & under, 18-29, 30-39, 40-49, 50-65, and 65 & over); Top 3 PT or PTA finishers; Top 3 wheelchair finishers; Top 2 teams - first 5 team members to finish count.

***DIRECTIONS TO BRUNSWICK HIGH SCHOOL:***

Take I-95 to Exit 28 (Brunswick); Follow exit onto Route 1 North and continue straight onto Pleasant Street into downtown Brunswick; Take right turn on Maine Street; Follow on Maine Street for 1 mile then take the right fork onto Maquiot Road; School entrance is about 1/2 mile on the right; Registration will be at the rear of the school.

For additional information, contact Race Director,  
Jill Weybrant (373-6175) weybrant@maine.rr.com

## REGISTRATION/ENTRY FEES

Name: \_\_\_\_\_  
Address: \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_ Phone \_\_\_\_\_

### Entry Fees – Check All Appropriate

\_\_\_ \$15 Pre-Registration With T-shirt By Sept 29<sup>th</sup>  
\_\_\_ SM \_\_\_ MD \_\_\_ LG \_\_\_ XL  
\_\_\_ \$8 Pre-Registration without T-shirt by Oct 6<sup>th</sup>  
\_\_\_ \$10 Day of Race Registration without T-shirt  
\_\_\_ Maine Track Club Member - No fee

### Special Classes – Check All Appropriate

\_\_\_ TeamName \_\_\_\_\_  
\_\_\_ PT or PTA Assistant  
\_\_\_ Wheelchair Racer

### T-Shirt Notice: T-shirts are long sleeve.

Every attempt will be made to provide T-shirts to all who pre-register for \$15. However, only those registrations received by Sept 29th are guaranteed. A \$7 refund will be granted if we are unable to fulfill T-shirt requests received after the deadline.

Please make check payable to : MAINE APTA  
And Mail to: c/o Jan Geyer PO Box 1783  
Portland, ME 04104-1783

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running this event including, but not limited to falls, contact with other participants, effects of weather, traffic and road conditions, and all such risks known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Chapter of the APTA, Maine Track Club, and Brunswick High School, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

**Note:** Traffic control volunteers will be on the course, but all roads will be open to traffic.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent signature if under 18)

No Baby Strollers or Headsets allowed.

No Refunds





"The MAINE Event"  
Since 1978

# THE GREAT PUMPKIN RACE

Sponsored by  
**WORMWOOD'S BY THE BREAKWATER**  
Saco & Biddeford Savings Institute  
Sportshoe Center



**SUNDAY**

**OCTOBER 29, 2006**

**9:30 A.M.**

**WHERE:**

Our Lady of Victory Church, Seaside & Rte. 9, Camp Ellis,  
ending at Wormwood's Restaurant, Camp Ellis/ Saco, Maine

**COURSE:**

10K (6.2 miles) Certified Course (FLAT)

**ENTRY FEE:**

Pre-registration \$10.00 (\$12.00 day of the race-stopping at 9:00 a.m.)

**BENEFIT:**

American Lung Association of Maine/Trek Across Maine  
Tina M. Turcotte Scholarship Fund

**AWARDS** for division Winners

**RANDOM PRIZES**

**GREAT PUMPKIN COURSE RECORDS**

1987	Colin Pettie	29:08
1988	Gwineth Hardesty Coogin	32:39

**MEN AND WOMEN'S CATEGORIES**

Open Div.	1 <sup>st</sup>	40-49	1-3
18 & under	1 <sup>st</sup>	50-59	1-3
19-29	1-3	60-69	1-3
30-39	1-3	70+	1st

**RUNNER SERVICES**

Water Stops	Refreshments
Splits	Digital Clock display
Mile Markers	Chronomix
Toilet Facilities at START...FINISH	

**SEND ENTRY FORM TO: Bob LaNigra, 7 High Bluff Lane, Scarborough, ME 04074**

Telephone: 207-883-8662 E-Mail: [runnar@zwi.net](mailto:runnar@zwi.net)

**Checks payable to:** Great Pumpkin Race

**Enclose a self-addressed, stamped envelope** to avoid number pick-up race day.

Numbers won't be mailed after October 25, 2006

**Day of Race Registration** at Wormwood's Restaurant, Camp Ellis

\*\*\*\*\*  
**ENTRY FORM**

**The Great Pumpkin Race**

\*In consideration of acceptance, I for myself, heirs and assigns waive and release any and all rights and claims for personal damages I may have against the sponsors and officials of this race.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE \_\_\_\_\_ ZIP \_\_\_\_\_

**T-Shirts** (first 100 to register)      M      L      XL

Signature \_\_\_\_\_

(Guardian if under 18)

The 38th Annual



# TURKEY TROT

5K Road Race  
and Kids Fun Run

**Sunday**

**November 19, 2006**

**Cape Elizabeth Middle School  
Cafetorium**

**Cape Elizabeth, ME**

**8:30 a.m. Children's Fun Run**

**9:00 a.m. 5K Race & Walk**

(USATF Certified Course #MEO3003RF)

**T-Shirts to first 300 Entrants  
Kids Register (free) on Race Day**



**AWARDS** to male & female 1st, 2nd, & 3rd finishers as follows: Overall, 12 & under, 13-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, over 70; also, first male & female walkers.

*50% of race proceeds will be shared between CapeAbility Enrichment & Sports Camps and Camp Sunshine.*

**NO REFUNDS, EXCHANGES OR TRANSFERS; PLEASE, NO DOGS, STROLLERS OR SKATES.**

**DIRECTIONS:** From ME Turnpike (I-95), take Exit 45 (for the Maine Mall). Go straight from the toll booth to the Broadway/South Portland exit. Go right onto Broadway (toward South Portland). Follow Broadway to Route 77 (about 4 miles). Turn right on Route 77 towards Cape Elizabeth. At the 4-way stop at the two gas stations (about 4 more miles), turn right onto Scott Dyer Road. The middle school entrance is on the left about 1/4 mile down Scott Dyer.

---

## Hannaford Turkey Trot 5K Race Application

Name \_\_\_\_\_  
Last First

Male ☐ Female ☐ Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Runner ☐ Walker ☐

Address \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

E-Mail \_\_\_\_\_ If you are a Hannaford employee, please check here ☐

**\$8.00 PRE-ENTRY FEE: \$10 on race day**

Please make your check payable to the Maine Track Club and mail to:

MTC Turkey Trot, c/o Maggie Soule, 142 Portland Street, Yarmouth, ME 04096

FMI: Call 207-846-3631. Online registration: [www.MaineTrackClub.com](http://www.MaineTrackClub.com) or [www.Active.com](http://www.Active.com)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of weather (including rain, wind, and snow) traffic and the conditions of the road, in consideration of your accepting my entry. I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, the Town of Cape Elizabeth, Hannaford Bros., the Road Runners Club of America, and all other sponsors, their representatives, and successors from all claims of liabilities arising out of my participation in this event.

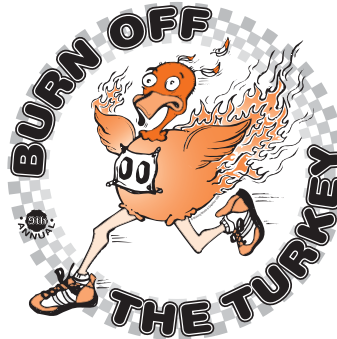
Signature (Parent if under 18) \_\_\_\_\_



9th Annual Burn Off the Turkey 5K  
Saturday, November 25, 2006  
9:00 A.M.

Gorham High School, Morrill Ave., Gorham, Maine

- ✓ Wheel-measured 5K course
- ✓ Long sleeve t-shirt for first 100 registrants (@\$12)
- ✓ Many awards and prizes
- ✓ Pre-race warmup
- ✓ Water on course
- ✓ Mile splits
- ✓ Results published
- ✓ Post-race hot coffee and food!
- ✓ Post-race massage
- ✓ Results following race
- ✓ Water at race end



5K Run/Walk  
Gorham, ME • 2006

**Awards**

- First male and female finisher will receive \$100 worth of heating oil donated by Lampron Energy and Dodge Oil.
- Age group awards (three in each category):

14 & under	15-19
20-29	30-39
40-49	50-59
60-69	70+
- First three male and female walkers

Registration Form for Burn Off the Turkey 5K Run/Walk

**No headsets**

**Check One:**

- ☐ Runner  
☐ Walker

Please print

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Entry Fees – please check appropriate boxes (No refunds)

- ☐ Pre-registration by November 17 \$12 (includes long sleeve t-shirt) please specify preferred size ☐ M ☐ L ☐ XL
- ☐ Pre-registration by November 17 \$10 (no t-shirt) ☐ Registrations after November 17 \$15 (no t-shirt)

Please note: A long sleeve t-shirt will be given to the first 100 who register for \$12.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Gorham Recreation Dept., Town of Gorham, Gorham School Department, Gorham Business & Civic Exchange, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Special Note: Traffic control volunteers will be on the course, but all roads will be open to traffic.

Signature \_\_\_\_\_ DATE \_\_\_\_\_  
(Parent signature if participant is under 18)

Please make checks payable to GORHAM REC. DEPT. and mail to: Don Cross, Burn Off the Turkey 5K, 196 North Gorham Road, Gorham, ME 04038

# THE MAINE TRACK CLUB SOLICITS NOMINEES FOR 2006 AWARDS

The Awards Committee is asking for your help in selecting this year's awards recipients. Please take the time to consider nominating one of your peers. We consider your participation an important and necessary part of making this year's selections.

DEADLINE for 2006 Award Nominations: December 1, 2006

CRITERIA: Candidates must be an active member of the Maine Track Club before September 30, 2006 to be eligible. See descriptions of the awards below for further criteria for nominations.

NOMINATION FORM on following page.

**MOST IMPROVED RUNNER** - This award is intended to give special recognition to a runner who has improved his/her running performance through hard work, training, discipline, perseverance and determination.

**COMEBACK RUNNER OF THE YEAR** - In the spirit of Winston Churchill's famous quotation, "Never give in, never, never, never, never - in nothing great or small, large or petty," this award recognizes that special runner who has demonstrated mental and physical toughness in order to overcome an obstacle - and in the process, has served as a positive example to others.

**OUTSTANDING CONTRIBUTION TO MAINE RUNNING** - This award celebrates the individual who consistently shares their personal talents in an effort to support running in Maine and thereby serves as an inspiration to other runners in the state. Through his/her leadership, good example and unwavering dedication, this person has made a substantial and enduring contribution to the sport.

**SPIRIT OF THE CLUB AWARD** - This award celebrates that special club member who personifies the value of "running with a friend" through his/her encouragement of others, willingness to share his/her talents and gifts, and his/her ability to inject fun and good cheer in MTC events and social activities.

**RACE DIRECTOR OF THE YEAR** - This award recognizes the race director who did an outstanding job carrying out all the requirements of race preparation and execution - directing volunteers, safety, marketing, refreshments, results, post-race activities - and in addition, added something extra to the race through his/her creativity and leadership.

**VOLUNTEER OF THE YEAR** - This award is given to the individual who has made the most significant overall volunteer contributions to the club during the year. It recognizes the volunteer who has demonstrated outstanding and sustained contributions, taking into account the amount of time spent, the enthusiasm and creativity exhibited by the individual and/or the results achieved by the volunteer.

**SPECIAL ACHIEVEMENT AWARD** - This award is intended to give special recognition to a club member's outstanding achievement or notable accomplishment that might not be properly covered by other awards.

**PRESIDENT'S AWARD** - This award is presented at the discretion of the club president in order to recognize an outstanding club member's contributions.

**JOHN FYALKA AWARD** - This award is presented to a club member who has given outstanding service to the club, taking into consideration the individual's contributions this year as well as in previous years.

**AGE-GROUP AWARDS** - These awards recognize the male and female runners in each age category (19 and Younger; 20-39; 40-49; 50-59; 60-69; 70-79; 80 and Older) who have demonstrated a high level of competitive performance while making positive contributions to the MTC in other areas.

**MTC RUNNER OF THE YEAR (MAN AND WOMAN)** - This award celebrates the man and woman who have demonstrated the highest level of competitive performance while making positive and substantial contributions to the club. These individuals are dedicated, disciplined, collegial toward other runners, and motivate others to become better athletes.

**MTC LIFETIME ACHIEVEMENT AWARD** - This award is the highest honor that the Maine Track Club can bestow and acknowledges the extraordinary efforts of an individual who has made profound and substantial contributions to the Maine Track Club and the sport of running. The recipient of this award represents the ideals of the club, exemplifies camaraderie and good sportsmanship and through his/her dedication to the sport of running serves as an inspiration to other club members.

**FIRST MARATHON** - It is a club tradition to recognize our members who have achieved a running milestone by competing in their first marathon.

The Awards Nomination Committee is looking for some new committee members.

If you are looking for a short lived but rewarding activity, please call or e-mail

Cathy Burnie, chair of the 2006 Awards Committee (829-5208) [cburnie@maine.rr.com](mailto:cburnie@maine.rr.com)



# MAINE TRACK CLUB 2006 AWARDS NOMINATION FORM

The Maine Track Club Awards Committee invites you to recognize outstanding club members by recommending deserving men and women for the following awards:

Your Name: \_\_\_\_\_

AWARD - Please see previous page for award description, eligibility, and criteria.	NOMINEE - You may recommend candidates for more than one award category.	Briefly state why you feel these people are deserving of awards. Please keep in mind the eligibility and selection criteria, and try to be as specific as possible. Attach additional sheet if necessary.
<b>MOST IMPROVED RUNNER</b>		
<b>COMEBACK RUNNER OF THE YEAR</b>		
<b>OUTSTANDING CONTRIBUTION TO MAINE RUNNING</b>		
<b>SPIRIT OF THE CLUB AWARD</b>		
<b>RACE DIRECTOR OF THE YEAR</b>		
<b>VOLUNTEER OF THE YEAR</b>		
<b>SPECIAL ACHIEVEMENT AWARD</b>		
<b>JOHN FYALKA AWARD</b>		
<b>AGE-GROUP AWARDS</b>		
<b>MTC RUNNER OF THE YEAR (MAN)</b>		
<b>MTC RUNNER OF THE YEAR (WOMAN)</b>		
<b>MTC LIFETIME ACHIEVEMENT AWARD</b>		
<b>FIRST MARATHON</b>		

Kindly send your completed nomination form by December 1, 2006 to:  
 Maine Track Club, Attn: Awards Committee, P.O. Box 8008, Portland, ME 04104  
 Or send by email to: [bobaube@mainetrackclub.com](mailto:bobaube@mainetrackclub.com)

## September Races...

*Maine Track Club races in bold. Check with contacts prior to race day to be sure of race details, especially if not pre-registering. The following listings are Maine races, therefore assume area code 207 unless otherwise specified.*

- Sept 1 **10<sup>th</sup> Annual Maine Running Hall of Fame 5K, Portland, Back Cove path, 6:30 p.m. Contact: Phil and Rae Pierce (781-3769) or Bob Payne (655-2165 or 534-8814)**
- Sept 2 Mustang Stampede 15K & Colt 1K, Monmouth Academy, 10:00 a.m. Contact: Tom Menendez (783-7789) menendezmon@yahoo.com
- Sept 3 Maine Sport Triathlon (.5 mile swim, 27 mile bike, 6.6 mile run), Camden, Barrett's Cove, Megunticook Lake, 9:00 a.m. Contact: (236-4685) msotriathlon@verizon.net
- Sept 4 **44<sup>th</sup> Annual Bangor Labor Day 5-Miler, Bangor Parks & Recreation Center, 9:00 a.m. Contact: Skip Howard (223-4715 or 992-4490)**  
Caribou Labor Day 8K, 5K Walk, & Viking Run, Caribou H.S., 11:00/10:30/9:00 a.m. Contact: Aroostook Musterds Running Club (493-7868)
- Sept 6 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178) palmerstu@hotmail.com
- Sept 9 Maine Senior Games Track and Field, Portland, Fitzpatrick Stadium, for athletes 50 and over, 8:00 a.m. Contact: Jerry LeVasseur (729-6180) jerardl@verizon.net  
Chicken Run 5K, Bowdoinham Community School, Cemetery Road, 8:00 a.m. Contact: Heather Small (841-9865) heather54912@yahoo.com
- Sept 10 Maine Salmon Festival 5K & Kids 1-Miler, Eastport, behind Motel East, 8:00 a.m. Contact: Eastport Chamber (853-4644) chamber@eastportme.net  
Saco Bay 5K & 10K, Pine Point (10K) and OOB pier (5K) to Camp Ellis, 8:00 a.m. Contact: Jeff Scully (284-2003) info@mainegames.org, www.sacobay.org  
**8<sup>th</sup> Annual Dan Cardillo 5K, Falmouth H.S., 9:00 a.m. Contact: Jeanne Hackett (883-8979 or 541-2265) jhackett@bdmp.com or Marsha Greenberg (766-2602)**  
Race for Space: Preserving Today for Tomorrow 4-Miler, 2.5 Mile Walk, & Kids 1-Miler, Brunswick, Livesay Field, Middle Bay & Pennelville Road, 9:00 a.m. Contact: Alicia Heyburn (729-7694) aheyburn@hotmail.com  
24<sup>th</sup> Annual Run for Hope 5K, Bangor, Best Western White House Inn, 11:30 a.m. Contact: Peter Daigle (862-8000) pdaigle@adelphia.net, www.runforhope.org
- Sept 13 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178) palmerstu@hotmail.com
- Sept 16 Lobsterman Triathlon (1.5K swim, 40K bike, 10K run), Freeport, Winslow Park, 8:00 a.m. Contact: (721-9299) will@tri-maine.com  
29<sup>th</sup> Annual Bar Harbor Half Marathon & Fall 5K, Mount Desert Island YMCA, 8:30 a.m. Contact: Lisa Tweedie (288-3511 x113) fitness@mdiymca.org
- Sept 16 6<sup>th</sup> Annual Ogunquit Beach Lobster Dash 5 Mile Race, 11:30 a.m. Contact: Charlie Farrington (978-686-6937) cf\_runs26@hotmail.com, www.lobsterdash.com
- Sept 17 7<sup>th</sup> Annual Portland Trails 10K, Portland, Eastern Prom Trail, 9:00 p.m. Contact: Isabel Aley (775-2411) isabel@trails.org, www.trails.org  
September Stampede 5K & Kids Fun Run, Sanford - Springvale YMCA, 9:00/8:30 a.m. Contact: Becky Harkema (324-4942) bharkema@sanfordymca.org or Bob Randall (490-1386) runbob@metrocast.net  
15<sup>th</sup> Annual Hike & Bike, Pownal, Bradbury Mountain State Park, 100K bike 8:45; 50K bike 9:15; 8K hike 9:30; 25K bike, 3K hike, & 10 mile mountain bike 10:00 a.m. Contact: Hildie Lipson (622-0105) hildie@maineshare.org, www.maineshare.org  
Lobsterman Kids Triathlon (100-200 yard swim, 5-10K bike, 1-2K run), Freeport, Winslow Park, 11:00 a.m. Contact: (721-9299) will@tri-maine.com  
10<sup>th</sup> Annual Komen Race for the Cure 5K & 1K Walk, Bangor Waterfront, 11:00/10:30 a.m. Contact: Sally Bilancia (745-9173) mainerace@verizon.net
- Sept 20 Craig Cup Cross Country 5K – Race 2 of 3, Cumberland, Twinbrook Recreation Area, Tuttle Road, 6:00 p.m. Contact: Roger Knight (780-8200) roger@fastsplits.com
- Sept 23 Colby Triathlon (400 meter swim, 13.1 mile bike, 3.4 mile run), Sidney, Colby College Hume Center, 9:00 a.m. Contact: (650-9096) www.colby.edu/triathlon/  
5<sup>th</sup> Annual Roger Willey 10K & 5K Walk, Ellsworth, Down East Family YMCA, 9:00 a.m. Contact: Kevin DiDonato (667-3086) kdidonato@midmaine.com
- Sept 24 CELT Challenge Sprint Triathlon (425 yard pool swim, 14 mile bike, 3 mile trail run) & Duathlon (1.5 mile trail run, 14 mile bike, 3 mile trail run), Cape Elizabeth, 8:00 a.m. Contact: (767-6054) celt@gwi.net  
Common Ground Country Fair 5K, Unity Fairgrounds, 8:00 a.m. Contact: Skip Howard (223-4715) skippr@adelphia.net  
Black Bear Triathlon (750 yard swim, 16.1 mile bike, 4.5 mile run) Orono, University of Maine Memorial Gym Complex, 9:00 a.m. Contact: Thad Dwyer (581-1234) thad.dwyer@umit.maine.edu or Patrick Guerette (581-1081) patrick.guerette@umit.maine.edu  
Edgar J. Paradis Fall Foliage Classic Half Marathon & 5-Miler, Frenchville Community Park, 9:30 a.m. Contact: JJ or Michelle Roy (543-6391) mjroy22@yahoo.com  
7<sup>th</sup> Annual Waterford Fall Foliage 5K & Kids 1-Miler, Waterford Flats, Noon/11:30 a.m. Contact: Geo Ames (583-2603) geoames@adelphia.net
- Sept 30 14<sup>th</sup> Annual Eliot Festival Days 5K, Eliot Fire Station, 8:30 a.m. Contact: Jeff Donatello (439-0577) e5k06@yahoo.com



## October Races...

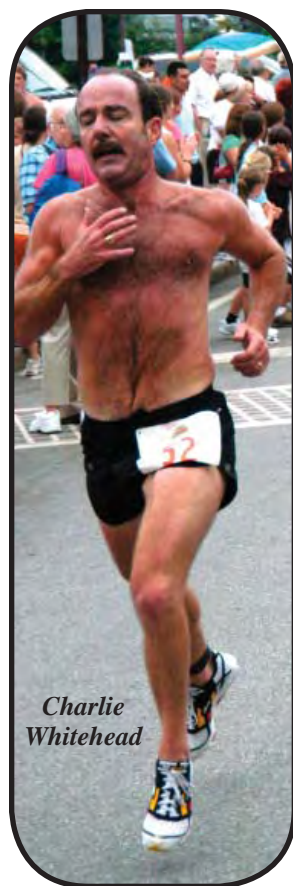
- Sept 30 Pownal Pumpkinfest 5K & Kids Run, Pownal E.S., 9:00/9:45 a.m. Contact: Susan Jordan (688-4113) [sbjordan@llbean.com](mailto:sbjordan@llbean.com)
- Run for the Children 5K & Kids 1K Fun Run, Gorham, University of Southern Maine, Costello Sports Complex, 9:30 a.m. Contact: Meredith Bickford (780-5997) [mbickford@usm.maine.edu](mailto:mbickford@usm.maine.edu)
- 3<sup>rd</sup> Annual Black Mountain of Maine Cross Country 5K Trail Race & Kids 1K Fun Run, Rumford, 1:30/1:00 p.m. Contact: Scott Galbiati (364-3241) [info@rivervalleychamber.com](mailto:info@rivervalleychamber.com) or Lisa Arsenault (364-8977 x104) [bmomlodge@adelphia.net](mailto:bmomlodge@adelphia.net),
- Oct 1 **15<sup>th</sup> Annual Sportshoe Center Maine Marathon, Marathon Relay, & Half Marathon, Portland, Baxter Boulevard, 7:45 a.m. Contact: Howard Spear or Bob Aube (741-2084) [racedirector@mainemarathon.com](mailto:racedirector@mainemarathon.com), [www.mainemarathon.com](http://www.mainemarathon.com)**
- 3<sup>rd</sup> Annual Windham Lions Club 5K, Windham H.S., Noon Contact: Rick Garcia (892-3966) [rick@thefitnessbarn.com](mailto:rick@thefitnessbarn.com), [www.windhamlions5k.org](http://www.windhamlions5k.org)
- Great PumpkinFest 4K & 1 Mile Fun Run, Blue Hill, Tradewinds Market, Route 15 and South Street, 11:30/11:00 a.m. Contact: Chuck Lawrence (374-5137)
- 11<sup>th</sup> Annual Great Pond Mountain 5.5 Mile Trail Run & 1.5 Mile Primer, Orland, Craig Brook Fish Hatchery, 1:30/1:00 p.m. Contact: John Hunt (469-0604) [jhhdvdm@att.net](mailto:jhhdvdm@att.net)
- Oct 7 Race to End Domestic Abuse/10th Annual Womancare 12K River Run & Family 5K Walk, Guilford, Piscataquis Community M.S., Blaine Avenue, 9:00 a.m. Contact: Womancare (564-8165) [www.wmncare.org/race.htm](http://www.wmncare.org/race.htm)
- 13<sup>th</sup> Annual Rise 'n Shine Family 5K & 1 Mile Fun Run, Augusta, Kennebec Savings Bank, 9:00/8:00 a.m. Contact: Trish Hanley-Goodwin (626-3488) [trish@kvymca.org](mailto:trish@kvymca.org)
- Wiscasset Benefit 5K, Wiscasset M.S., Federal Street, 9:00 a.m. Contact: Warren Cossette (882-7767) [wcossette@wiscasset.k12.me.us](mailto:wcossette@wiscasset.k12.me.us)
- Eliot Fall Classic Duathlon (3 mile run, 17 mile bike, 2.6 mile run), First Congregational Church, State Road, 9:00 a.m. Contact: Kristin Orr (752-1528) [eliotduathlon@yahoo.com](mailto:eliotduathlon@yahoo.com)
- 3<sup>rd</sup> Annual Manchester Apple Festival 5K, Manchester, Lakeside Orchard, Route 17 & Readfield Road, 9:00 a.m. Contact: Alyson Root (621-1811) [rooters4@adelphia.com](mailto:rooters4@adelphia.com)
- Presidential Road Race 5-Miler & Kids 1K Fun Run, Kennebunkport, Consolidated School, 10:00/9:15 a.m. Contact: Paul Wolf (985-8300 x103) [paul.wolf@lpl.com](mailto:paul.wolf@lpl.com), [www.presidentialroadrace.com](http://www.presidentialroadrace.com)
- Craig Cup Cross Country 5K – Race 3 of 3, Cumberland, Twinbrook Recreation Area, Tuttle Road, 10:00 a.m. Contact: Roger (780-8200) [roger@fastsplits.com](mailto:roger@fastsplits.com)
- North American Wife Carrying Championship (278 yard course), Bethel, Sunday River Ski Resort, Noon Contact: Alex Kaufman (824-5243) [akaufman@sundayriver.com](mailto:akaufman@sundayriver.com)
- Oct 8 Close to the Cows Country 10K & Calf 1 Mile Fun Run, Wales Central School, 8:00 a.m. Contact: Michele Green (933-5119) [mmgreen16@adelphia.net](mailto:mmgreen16@adelphia.net)
- 19th Annual Sunday River Summit 3 Mile Challenge, Bethel, Sunday River Ski Resort, 10:00 a.m. Contact: (824-7669) [www.sundayriver.com/eventcalendar](http://www.sundayriver.com/eventcalendar)
- 5<sup>th</sup> Annual Camden National Bank Moose on the Run 5K & Kids 1K, Greenville H.S., Pritham Avenue, 10:30/9:30 a.m. Contact: Jonathan Pratt (695-2421) [jwpratt75@hotmail.com](mailto:jwpratt75@hotmail.com)
- Oct 14 **Maine Track Club Ultra 50-Miler & 50K, Brunswick, Pennelville Road, 6:30 a.m. Contact: Erik Boucher (774-2654) [eboucher1@maine.rr.com](mailto:eboucher1@maine.rr.com)**
- 1<sup>st</sup> Annual Saco Bay Physical Therapy Cure Breast Cancer 5K Run & 2 Mile Walk, Saco, Holiday Inn Express, 4:00/4:05 p.m. Contact: Matt Cook (282-7121) [sbptapex@maine.rr.com](mailto:sbptapex@maine.rr.com), [www.sacobaypt.com](http://www.sacobaypt.com)
- Oct 15 3<sup>rd</sup> Annual New Beginnings 5K, Lewiston, Multi-Purpose Center, Birch Street, 7:30 a.m. Contact: Bob Rowe (795-4077) [newbegin25@verizon.net](mailto:newbegin25@verizon.net)
- 5<sup>th</sup> Annual Mount Desert Island Marathon, Bar Harbor to Southwest Harbor, 8:00 a.m. Contact: Gary Allen (664-8640) [information@mdimarathon.org](mailto:information@mdimarathon.org)
- 17<sup>th</sup> Annual Physical Therapy 8K, Brunswick H.S., Maquiot Road, 9:00 a.m. Contact: Jill Weybrant (373-6175) [weybrant@maine.rr.com](mailto:weybrant@maine.rr.com)**
- 17<sup>th</sup> Annual Hannah Jackson Harvestfest 5K, York H.S., 9:00 a.m. Contact: York Parks & Recreation (363-1040) [parks-rec@yorkmaine.org](mailto:parks-rec@yorkmaine.org), [www.yorkmaine.org](http://www.yorkmaine.org)
- Maine USATF Cross Country, Westbrook, Smiling Hill Farm, County Road, 2:00 p.m. Contact: Ron Kelly (883-2747) [rkelly01@maine.rr.com](mailto:rkelly01@maine.rr.com), [www.meusatf.org](http://www.meusatf.org)
- Oct 17 **North Face Endurance 50: Maine Marathon Course, Portland, Forest Avenue & Preble Street, 7:00 a.m. [www.endurance50.com](http://www.endurance50.com)**
- Oct 21 St. Andre's Jack O'Lantern 5K & Fun Run, Biddeford, St. Andre's Church, Bacon & Sullivan Streets, 8:00 a.m. Contact: (284-1592)
- Oct 22 Black Bear 5K, Orono, University of Maine Memorial Gym, 11:00 a.m. Contact: Thad Dwyer (581-1234) [thad.dwyer@umit.maine.edu](mailto:thad.dwyer@umit.maine.edu) or Patrick Guerette (581-1081) [patrick.guerette@umit.maine.edu](mailto:patrick.guerette@umit.maine.edu)
- Maine USATF Cross Country, Augusta, University of Maine, 2:00 p.m. Contact: Taylor Harmon (622-3229) [www.meusatf.org](http://www.meusatf.org)



## November Races...

- Oct 29 29<sup>th</sup> Annual Great Pumpkin 10K, Camp Ellis/Saco, Wormwood's Restaurant, 9:30 a.m. Contact: Bob LaNigra (883-8662) runner@gwi.net
- Maine USATF Cross Country, Westbrook, Smiling Hill Farm, County Road, 2:00 p.m. Contact: Ron Kelly (883-2747) rkelly01@maine.rr.com, www.meusatf.org
- Oct 31 Eden Athletics All-Ages Halloween Run, Bar Harbor, MDI YMCA, Park Street, 4:00 p.m. Contact: editor@edenathletics.com
- Nov 4 4 Mile Turkey Trot & 1 Mile Turkey/Dog Jog, Sanford, Gowen Park Gazebo, 9:00 a.m. Contact: Sanford Recreation (324-9130) recreation@sanfordmaine.org
- 25<sup>th</sup> Annual Great Osprey Ocean Run 10K, Freeport, Wolfe's Neck State Park, 10:00 a.m. Contact: Freeport Community Education (865-6171)
- Nov 5 Maine USATF Cross Country, Augusta, University of Maine, 2:00 p.m. Contact: Taylor Harmon (622-3229) www.meusatf.org
- Nov 11 Capital City Veterans' Day 5K & 1 Mile Fun Run, Augusta, Cony H.S. 10:00/9:30 a.m. Contact: Shawn Totman (626-2460 x1109) or Taylor Harmon (622-3229 or 242-9247)
- Nov 12 Maine USATF Cross Country State Championship, Augusta, University of Maine, 2:00 p.m. Contact: Ron Kelly (883-2747) rkelly01@maine.rr.com, www.meusatf.org
- Nov 18 6<sup>th</sup> Annual Mid Coast Hospital Great Confluence 5K/10K, Brunswick, 8:30 a.m. Contact: Donna Clukey (373-6745) www.midcoasthealth.com/race
- Nov 19 38<sup>th</sup> Annual Hannaford Turkey Trot 5K & Kids Fun Run, Cape Elizabeth M.S., 9:00/8:30 a.m. Contact: Maggie Soule (846-3631) mwsoule@maine.rr.com, www.mainetrackclub.com
- 25<sup>th</sup> Annual Brewer High Turkey Trot 5K & Kids 1 Miler, Brewer H.S., 1:00/12:30 p.m. Contact: David Jeffrey (825-3403)
- Nov 23 2<sup>nd</sup> Annual Waterville H.S. Turkey Trot 5K & Fun Mile for Kids, 8:15/7:45 a.m. Contact: Helen Bard (873-0102 x301) bard@mmtc.ws
- 25<sup>th</sup> Portland Thanksgiving Day 4-Miler & Kids 1K, Portland, One City Center, 9:00/8:30 a.m. Contact: George Towle (780-5595) gtowle@usm.maine.edu
- Nov 25 9<sup>th</sup> Annual Burn Off the Turkey 5K, Gorham H.S., Morrill Avenue, 9:00 a.m. Contact: Don Cross (893-9082) or Gorham Rec. Dept. (839-5035)
- Turkey Trot 5K, Caribou H.S., 10:00 a.m. Contact: Dan Harrigan (498-3226)
- 10<sup>th</sup> Annual York Rotary Club Turkey Trot 5K, York Village E.S., 11:00 a.m. Contact: York Parks & Recreation (363-1040) parks-rec@yorkmaine.org,

## Race Results and Photos...



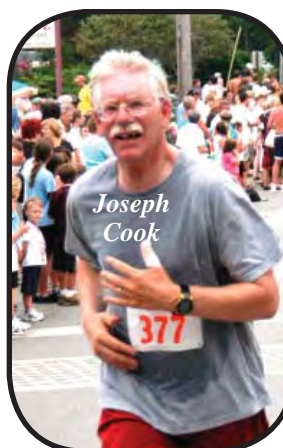
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Whitehead



Carol  
Blakeney



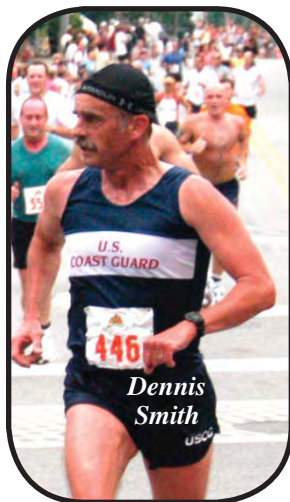
Heidi  
Graham



Joseph  
Cook



Michael  
Juneau



Dennis  
Smith



Gerard  
Bonawitz



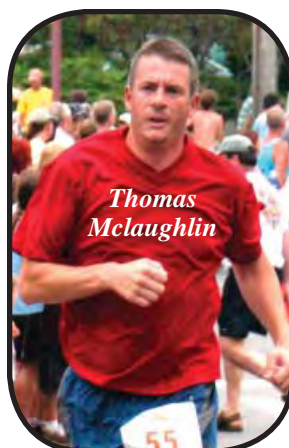
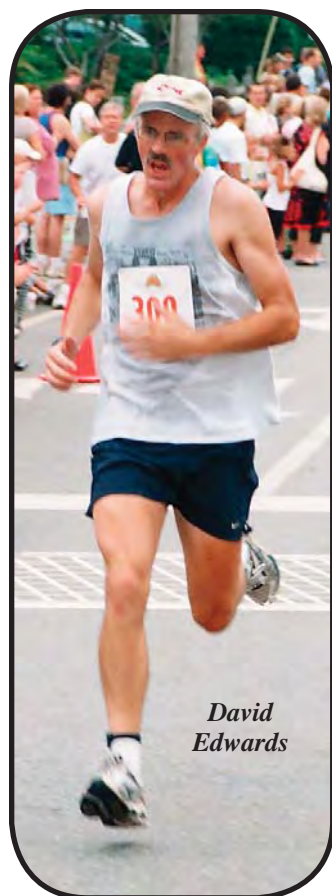
Gale  
Desjardins



# Race Results and Photos...

## Clam Festival Classic 5 Miler Yarmouth, ME July 22, 2006

Place	Name	Div	City	Time	Pace
13	Tom Ryan	M5059	Cape Elizabeth	27:47	5:34
19	Marc Dugas	M4049	Scarborough	28:17	5:40
30	Philip DiRusso	M3039	Freeport	29:17	5:52
33	Thomas Noonan	M3039	Steep Falls	29:24	5:53
42	Joan Samuelson	F4049	Freeport	29:59	6:00
52	Kendra Hodder	F3039	Yarmouth	30:57	6:12
54	Tony Myatt	M1619	Portland	31:03	6:13
64	John Eldredge	M5059	Cumberland	31:31	6:19
65	David Edwards	M4049	Pownal	31:35	6:19
75	Zak Boisvert	M1619	Portland	32:00	6:24
79	Ellie Tucker	F5059	North Yarmouth	32:18	6:28
83	Charlie Whitehead	M4049	Gorham	32:28	6:30
87	Sean Ireland	M3039	Portland	32:47	6:34
88	Dina Potter	F4049	Yarmouth	32:49	6:34
91	Mark Foley	M4049	Portland	32:55	6:35
96	Tom Menendez	M5059	Lewiston	33:13	6:39
99	Tom Shorty	M4049	Gorham	33:16	6:40
115	Mark Finnerty	M4049	Portland	33:36	6:44
120	Kevin Robinson, Jr	M2029	North Yarmouth	33:43	6:45
162	Abby Samuelson	F1619	Freeport	34:54	6:59
164	Matt Flynn	M4049	Cape Elizabeth	34:59	7:00
165	Harry Nelson	M5059	North Yarmouth	34:59	7:00
166	Stephanie Atkinson	F3039	Hollis	35:00	7:00
176	Carol Blakeney-Watts	F4049	Cumberland	35:28	7:06
181	Cheryl Rogers	F4049	Yarmouth	35:36	7:08
187	Kathy Hepner	F4049	Portland	35:42	7:09
194	Scott Samuelson	M4049	Freeport	35:52	7:11
202	Gretchen Read	F6069	Portland	36:10	7:14
209	Michael Juneau	M3039	Portland	36:27	7:18
218	Harry White	M6069	Scarborough	36:48	7:22
226	John Boyne	M5059	Freeport	37:11	7:27
254	Jay Wilson	M4049	Portland	37:51	7:35
257	Lisa Despres	F4049	South Portland	37:57	7:36
262	Kevin Robinson, Sr	M5059	North Yarmouth	38:04	7:37
292	Dennis Smith	M5059	Yarmouth	38:38	7:44
306	Nate Graham	M3039	North Yarmouth	38:51	7:47
340	John Rogers	M4049	Yarmouth	39:38	7:56
350	Harry Center	M4049	Freeport	39:47	7:58
396	Rae Chalmers	F4049	Gorham	41:10	8:14
410	Thomas McLaughlin	M4049	Gorham	41:35	8:19
423	Joseph Cook	M5059	Westbrook	41:58	8:24
440	Ron Chase	M6069	Durham	42:36	8:32
479	Robert Jolicoeur	M6069	Old Orchard Beach	43:20	8:40
489	Liz Wyman	F4049	Falmouth	43:42	8:45
503	Heidi Graham	M3039	North Yarmouth	44:09	8:50
504	Polly Kenniston	F6069	Scarborough	44:09	8:50
506	Gregory Welch	M5059	South Portland	44:15	8:51
510	Sarah Kramlich	F3039	North Yarmouth	44:25	8:53
544	Eugene Longobardi	M4049	South Portland	45:26	9:06
556	Walter Fletcher	M5059	Freeport	45:47	9:10
574	Gayle Desjardins	F4049	Portland	46:16	9:16
580	John McKenney	M4049	Portland	46:25	9:17
614	Amanda Penley	F3039	Auburn	47:31	9:31
619	Cynthia Barnard	F6069	Yarmouth	47:40	9:32
629	Mark Coughlin	M4049	Old Orchard Beach	47:54	9:35
691	Robert Dewitt	M6069	Lisbon	51:11	10:15
698	Mallory Vaccaro	F3039	Yarmouth	51:31	10:19
699	Tony Vaccaro	M3039	Yarmouth	51:31	10:19
701	Janice Gagnier	F4049	South Portland	51:33	10:19
702	Donna Bisbee	F4049	Portland	51:39	10:20
715	Anita Hampton	F5059	Scarborough	52:57	10:36
730	Barbara Hintze	F6069	Cumberland	54:14	10:51
753	Katherine Bowe	F3039	Windham	58:25	11:41
761	Pat Buckley	F6069	Portland	1:02:54	12:35
764	Carlton Mendell	M7099	Windham	1:05:14	13:03





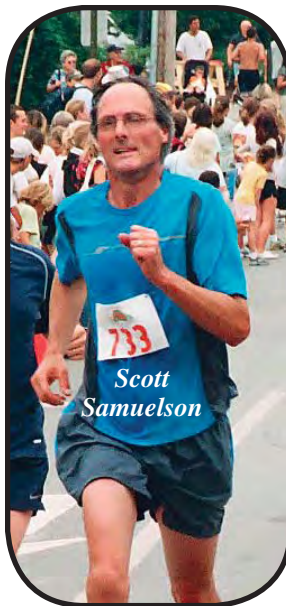
# Race Results and Photos...



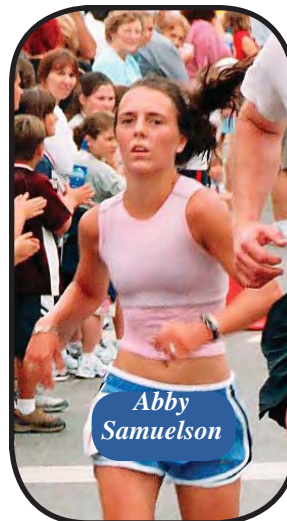
Anita Hampton



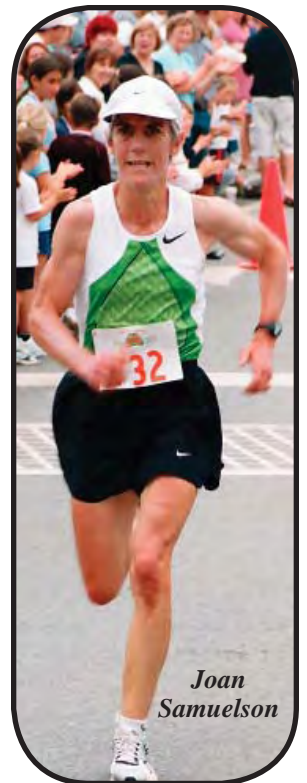
John Eldredge



Scott Samuelson



Abby Samuelson



Joan Samuelson

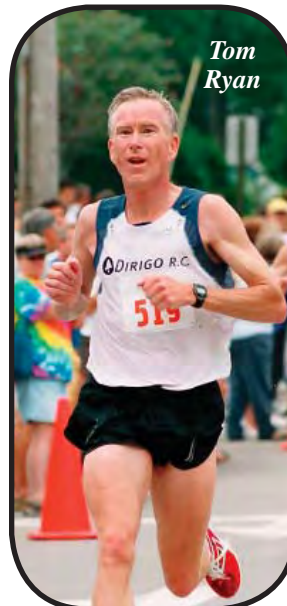


Matt Flynn

Stephanie Atkinson



Kathy Hepner



Tom Ryan



Kathy Bowe



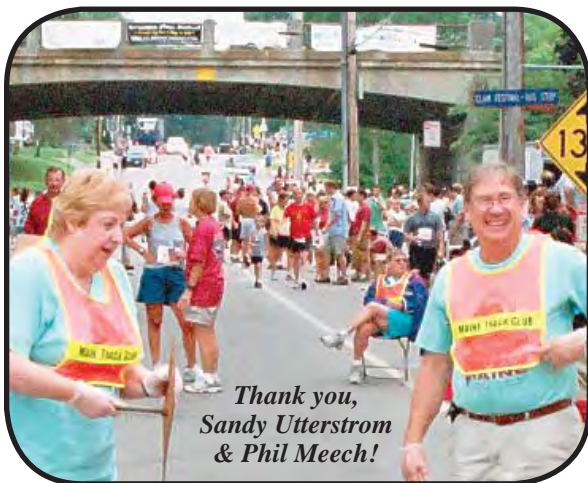
Pat Buckley



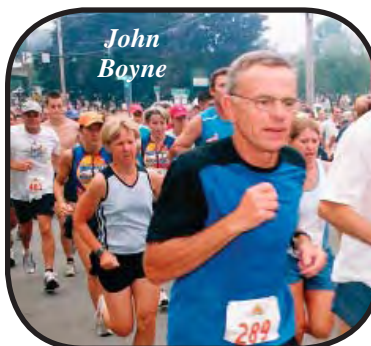
Mark Coughlin



Clam Festival Classic 5-Miler Start



Thank you,  
Sandy Utterstrom  
& Phil Meech!



John Boyne



Ron Pelton

Gretchen Read

New England Mile Photos  
by Don Penta & David Colby Young



# Race Results and Photos...

## Lovell Old Home Days 5K

Lovell, ME July 22, 2006

Place	Name	Div	City	Time	Pace
7	Bill Reilly	M59	Brownfield	18:35	6:00
21	Peter Rearick	M54	Hebron	21:04	6:48
40	John Howe	M71	Waterford	23:57	7:44

## Alfred Old Home Day 4 Miler

Alfred, ME July 22, 2006

Place	Name	Div	City	Time	Pace
7	Jeff Crocker	M42	Saco	26:11	6:32
18	Mark St. Pierre	M47	Brunswick	29:09	7:17
30	Kim Finethy	F49	Brunswick	32:27	8:07

## Thompson Lake Off-Road Challenge

Poland, ME July 23, 2006

Place	Name	Div	Swim	Bike	Run	Overall
29	Marty Lawrence	W5054	15:24	1:54:21	45:23	2:55:07

## Ocean Point 5K

Ocean Point, ME July 23, 2006

Place	Name	Div	City	Time
31	Tom Keith	M60	Damariscotta	23:57
51	Elwin Guthrie	M70	Walpole	27:29

## Maine Corporate Track Meet #5

Falmouth, ME July 26, 2006

### 65 Meter Hurdles

Place	Name	Div	Team	Time
1	Susan Weimer	W4049	USM	10.3R

### 100 Meter Dash

Place	Name	Div	Team	Time
1	Susan Weimer	W4049	USM	14.7
3	Lois Martin	W5059	Maine Health	19.6
1	Sandy Utterstrom	W6069	UnumProvident	31.7
1	Terri Morris	W7079	UnumProvident	24.9
10	David Young	M5059	City of Portland	18.0
11	Jim Estes	M5059	Navy	19.0
4	Jerry LeVasseur	M6069	BIW	18.8

### 400 Meter Dash

Place	Name	Div	Team	Time
1	Susan Weimer	W4049	USM	1:07.6
1	Sandy Utterstrom	W6069	UnumProvident	2:20.8
1	Polly Kenniston	W7079	UnumProvident	1:50.7
5	David Young	M5059	City of Portland	1:14.8
7	Jim Estes	M5059	Navy	1:22.3
8	Dick Bouthillette	M5059	UnumProvident	1:22.5
3	Jerry LeVasseur	M6069	BIW	1:24.1

### 800 Meter Run

Place	Name	Div	Team	Time
2	Lois Martin	W5059	Maine Health	3:59.4
1	Sandy Utterstrom	W6069	UnumProvident	5:11.9
1	Polly Kenniston	W7079	UnumProvident	4:02.4
5	Devon Eartha	M1829	USM	2:26.7
1	Dave Roberts	M5059	BIW	2:29.3
4	David Young	M5059	City of Portland	2:52.7
5	Dick Bouthillette	M5059	UnumProvident	3:24.0
6	Jim Estes	M5059	Navy	3:25.4
1	Jerry LeVasseur	M6069	BIW	3:07.1

## 3200 Meter Run

Place	Name	Div	Team	Time
1	Polly Kenniston	W7079	UnumProvident	17:36.0R
1	Tom Ryan	M5059	USM	10:09.8R
2	Dave Roberts	M5059	BIW	11:31.7
3	David Young	M5059	City of Portland	13:03.7
1	Jerry LeVasseur	M6069	BIW	15:15.7R

## Shot Put

Place	Name	Div	Team	Distance
1	Susan Weimer	W4049	USM	27-09.5
5	Dick Bouthillette	M5059	UnumProvident	26-02.5

## Discus Throw

Place	Name	Div	Team	Distance
3	Dave Roberts	M5059	BIW	67-04
5	Dick Bouthillette	M5059	UnumProvident	63-02

## Long Jump

Place	Name	Div	Team	Distance
4	Lois Martin	W5059	Maine Health	6-03.0
2	Jerry LeVasseur	M6069	BIW	7-09.5

## High Jump

Place	Name	Div	Team	Distance
5	Devon Eartha	M1829	USM	5-02



## Weekly Back Cove 5K

Portland, ME July 26, 2006

Place	Name	Time
13	Ian Parlin	21:38
24	Dave Cannons	23:05
34	John Rogers	24:28
36	Harry Center	24:50
37	Kristin Cook-Center	25:17
46	Bob Jolicoeur	27:49
51	Byron Cook	31:04
52	Marcy Tierney	31:35
53	Pat Buckley	37:33
57	Rachel Pickus	40:27

## Ocean Park 5K

Old Orchard Beach, ME July 28, 2006

Place	Name	Div	City	Time	Pace
22	Tom Menendez	M53	Lewiston	19:53	6:24
25	Tony Myatt	M19	Portland	19:56	6:25
26	Evan Embrey	M19	Buxton	19:56	6:25
44	Robert Parent	M49	Manchester, NH	21:47	7:01
45	Zachary Cost	M13	Waterboro	21:57	7:04
52	Mark St. Pierre	M47	Brunswick	22:12	7:09
55	Harry White	M64	Scarborough	22:22	7:12
65	Lloyd Slocum	M73	Hollis	22:54	7:22
72	Harry Center	M44	Freeport	23:44	7:39
79	Bob LaNigra	M64	Scarborough	24:15	7:49
90	Emma Cost	F8	Waterboro	24:55	8:02
92	Dick Lajoie	M66	Saco	25:10	8:06
94	Zoe Sobel	F15	Cape Elizabeth	25:24	8:11
103	Kim Finethy	F49	Brunswick	26:14	8:27
123	Byron Cook	M59	Livermore	28:35	9:12
139	Kathleen Reid	F37	South Portland	30:32	9:50
171	Carlton Mendell	M84	Windham	40:10	12:56

## Mike's Travel Guide: Places, Races, Faces...

by Mike Brooks

### Teton DAM Marathon, Relay, Half Marathon, 10K & 5K Rexburg, ID June 10, 2006



There are three airports in Idaho plus Jackson Hole, WY that are closer to the race than Salt Lake City, Utah where I flew in with my brother. I was using frequent flyer miles, so my options were limited. We left SLC making a large loop through Jackson Hole, the Grand Tetons, and Yellowstone National Parks then over to Rexburg. This area is very scenic with its snow covered mountains, and contains lots of bison, elk, and other wildlife that you can see up close.

We stayed at the Best Western hotel which opened their continental breakfast early for us the morning of the race. MTC members Donnajean Pohlman and her husband, Ron Paquette, also stayed at the BW and ran the marathon. The race packet was easy to pick up at city hall but was missing the information sheet, so be sure to ask questions while you are there. The Potato Dinner was good and included a video about the Teton Dam break of 1976 that flooded the valley.



The hotel is about 15 minutes from where buses pick you up at 5:30 in the morning to take you to the 6:30 start. The first 16 miles of the course are mostly flat with a few small hills and a drop in elevation. The entire race is on asphalt roads. Miles 16 to 20 are all uphill, but are very scenic with huge potato fields as far as you can see and mountains off in the distance. A small bi-wing prop plane was "dusting" the fields as I climbed the hill. I was glad to see the top where the course flattens out before you start downhill into the town of Rexburg. There were very few spectators, and the aid stations every few miles had friendly volunteers to cheer you on. All the aid stations had water and a sports drink; some had bananas and Gu. Traffic control was good all the way to the finish line in a small park where limited food and massages were available. There were less than 100 finishers in the marathon. The finisher's medal was nice but a little on the small side. I liked the dri-release shirt.

The Mesa Falls Marathon in Ashton, ID is very similar to Teton DAM Marathon. It is held in August about 40 miles north of Rexburg. I think the Mesa Falls Marathon is easier, more downhill, and better organized.



*Mike Brooks, Ronald Paquette, Carl Hunt, Andy Velazsco*

state parks and national monuments. We crossed the Mojave Desert, stayed one night in Las Vegas, and went from 114 degrees in the canyon to running through snow. It was a great trip.

Our return flight was out of Denver, CO which is the closest airport to Leadville with Colorado Springs airport about an hour and a half further away. There are plenty of sights to see in Colorado, and if you have time, Utah. Both states have excellent areas to hike and bike.

Leadville is the highest town in the USA at 10,200'. It is an old mining town that relies on tourism. Almost all of the mines are now closed. There is a nice, 13-mile bike path that circles the small town and goes by a few of the old mines. You can rent bikes right in town. There are several museums in town, a mine you can visit, and several other attractions that you can see in about one day. We took the Leadville train ride, but didn't think it was worth it unless you are a train buff. My brother and I stayed at the Super 8 motel in Leadville

### "The Race Across the Sky" Leadville Trail Marathon & "Heavy" Half Marathon Leadville, CO July 1, 2006

My brother and I flew into San Francisco to help crew and pace a friend in the famous Western States 100 Mile Run which takes place in the California Sierra Nevada Mountains. Since the Leadville Marathon was the following weekend, we decided to stay out west and drive to Leadville. We went to seven national parks and numerous





along with Ron Paquette and several other friends. The motel was okay, but you might be able to find something better. We ate at Zichilla's on Harrison Avenue where the Italian food was excellent and the price reasonable.

"The Race Across the Sky" starts at its lowest elevation of 10,200' with about a half mile of paved road before you get on some old mining and four-wheel-drive roads. These roads are EXTREMELY rocky at times. There are also a few miles of nice, single-track trail plus a small stretch of snow that is easily crossed. The course has 6,500' feet of elevation gain and the same amount of loss which means you are constantly going up or down hill. Mosquito Pass is the turnaround point in this out and back race and it is also the

highest elevation at 13,185'. The race starts at 8:00 a.m. If you can get to Mosquito Pass before noon, you stand a very good chance of missing the violent storms that occur almost daily at the pass. The aid stations are 2.5 to 3.5 miles apart and have assorted snacks such as chips, bananas, coke, sports drink, etc. You should carry a water bottle and a light jacket. The views are great, so if you can, carry a camera. The weather can change almost instantly up in the mountains so be prepared. The finisher's medal is excellent. I liked the short sleeve cotton shirt because of the mosquito logo. They gave nice coffee mugs to all finishers at the awards ceremony that followed a Mexican dinner that was free to all runners. The dinner started at 5:00 p.m., and the line moved "awful slow", so I don't know if it was really worth the wait unless you are staying in Leadville. We managed to get our mugs early and headed for Denver before the awards ceremony started.

Two of my friends and I agree that the Leadville Marathon is the tougher than Pike's Peak Marathon in CO even though Pike's Peak goes to over 14,000' altitude and has 7,600' of elevation gain/loss. The footing is tougher at Leadville, and you are going up and down all the time. Pike's Peak marathon has 7,800' of gain in the first half of the race, but the second half is all down hill which just seems to me to be easier. Both races are very tough due to altitude, footing, and the mountains you run up and down. I lucked out on the weather but it can be a very big factor. Pike's Peak takes place in August, and the course has been shut down due to ice, snow, hail, and lightning. There is a six-hour cut-off time at Pike's Peak to get through the first half of the marathon and ten hours to finish, which some runners don't make. There is no time limit at Leadville. Hooray for Leadville!

These are two of my favorite marathons. I had a hard time doing these races, but the scenery is spectacular, you are guaranteed to get a "Rocky Mountain High" around 13,000', and boy does it feel good to cross that finish line!!!

*For more information on any of these marathons, go to [www.marathonguide.com](http://www.marathonguide.com); their runner's comments can be especially helpful.*



You and your family are invited to the  
Maine Track Club  
**Annual Pasta Dinner**  
**Friday November 17<sup>th</sup> 6 p.m.**  
Columbia Club  
Wordsworth St. Portland

For more information or directions,  
contact Cathy Burnie (829-5208)  
[cburnie@maine.rr.com](mailto:cburnie@maine.rr.com)



**50 MARATHONS, IN EACH OF THE 50 STATES  
IN 50 CONSECUTIVE DAYS.....**

**JOIN THE EXPEDITION**

Photo: Dan Peitrowski



## **Coach's Tip: Healthy Food for Thought**

*by Chris Carmichael*

If you're looking to improve your diet, whether it's to lose weight, increase your energy, or both, small changes make a big difference because they become habits. I've developed a gradual three-stage approach to making dietary changes that you can apply to any meal.

1. Start with the beverage. Replace alcohol or soda with mineral water or just plain water.
2. Once you've made a habit of drinking water at each meal, move to the side dish. Swap in a salad for your fries, fruit instead of hash browns, or vegetables instead of soup.
3. By the time you're drinking water and eating fruits and vegetables, it should be an easy transition to making a healthier choice when it comes to the entrée. Drop the heavy cream- or sauce-based items for lighter fare like salads, chicken, or fish.

## **A Whole New Approach**

*by Chris Carmichael and Carmichael Training Systems' Coach Jason Koop*

When I look at Dean Karnazes running the Western States' 100 and Badwater 135 ultramarathons, I think, "So what?"

Sure, completing those races is a considerable accomplishment; but here's the reality check: Running 26.2 miles for 50 consecutive days is going to be much harder than any 100-mile run covered in one push. Why? It comes down to one word: recovery.

Right now, Dean knocks off a big run and then takes a break of anywhere from two days after a 40-mile training run to two weeks after a 100-mile event. This time allows him to restore his body's muscle glycogen-or, the roughly 2,000 calories of fuel stored in his body. It allows his muscles to repair the tissue damage suffered over the course of a long hard run.

During The North Face Endurance 50, Dean will have, at most, 20 hours to recover from each day's marathon. While rebounding from 26.2 miles versus 100 miles is a lot easier, both distances require weeks of recovery, not 20 hours. In terms of stored energy (glycogen), say Dean uses 80 percent in his first marathon. Well, he's got less than a day to process and replace it. If he doesn't fully replace those lost fuel stores, he'll find himself on a slippery slope, where each day he begins running with less and less glycogen. Once those stores are gone, it'll be hard for him to walk, much less run.

Dean's limited recovery window could also affect his overall strength. The daily muscle-tissue damage-the small micro-tears in muscle that bring on soreness-could accumulate if he doesn't recover, and over time, turn his muscles into useless slabs of meat. If you've ever run a marathon, you know this feeling. You can't walk down the stairs, and rising from a chair is painful. But unlike you, Dean won't have a couple of days to let his muscles return to normal. He'll have 20 hours.

Fortunately, Dean can prepare his body's glycogen processing and healing systems for the daily workout. Thanks to my work preparing Lance Armstrong to ride a bike flat out, five hours a day, for the 23-day Tour de France, I know how to get an athlete to recover in less than 24 hours. The first step is to train the body to perform day after day, so that it adapts to the consistent workload and knows that it needs to kick its recovery mechanism into overdrive. To reach this point, Dean will need to make sure he runs every day throughout training. He doesn't need to run 26 miles or even over three hours, but he does need to lace up his shoes and go. The better he can match his training schedule to The North Face Endurance 50 schedule, the better prepared he'll be.

Olympian, U.S. Olympic Committee Coach of the Year, and best-selling author, Chris Carmichael coached Lance Armstrong to seven Tour de France titles and is the founder of Carmichael Training Systems, Inc., based in Colorado Springs, Colorado.

## **JOIN HISTORY IN THE MAKING Run with Dean Karnazes in The North Face Endurance 50**

Whether you are an experienced marathoner or a hesitant first-timer, Dean Karnazes has invited you to join him in The North Face Endurance 50 right here in Maine on Tuesday, October 17th.

Dean says, "The North Face Endurance 50 offers a unique and all-inclusive format for running a certified marathon in some of the greatest places in the country. I look forward to running with those adventurous athletes who join me along the way."

Visit [www.endurance50.com](http://www.endurance50.com) for additional information on how you can run with Dean.

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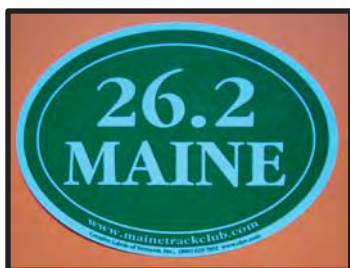




# MTC Discounts, Clothing, and Merchandise...



**NEW! High Performance Long Sleeved Shirt, \$20.00:** Teal with multi-color screen printing on the front.  
Men's sizes S to XXL.



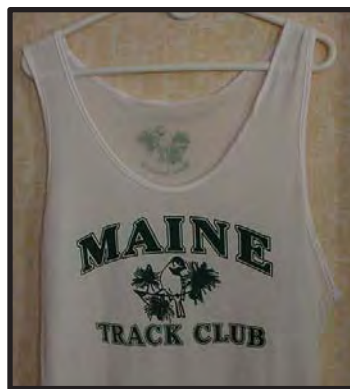
**Maine Marathon Sticker, \$2.50:** 6" x 4"  
Oval in white and green.



**Coffee Mug, \$3.00:** White ceramic with green screen print on front.



**White Lighthouse T-Shirt, \$8.00:** 100% cotton, multi-color screen printing on front.  
Unisex sizes M to XXL.



**100% Coolmax Singlet, \$15.00:** White with green screen printing on the front and back.  
Women's sizes S to XXL.  
Men's sizes M to XXL.

## Where Do I Get MTC Clothing?

To order contact:  
Mike Doyle  
(871-0051)  
mdoyle@mainecul.org  
Maine Track Club  
Attn. Mike Doyle  
P.O. Box 8008  
Portland, ME 04104



**Sweatshirt, \$20.00:** 100% cotton, green with multi-color embroidery on left chest.



**NEW! Wicking Baseball Cap, \$15.00:** Royal Blue or Hunter Green, with multi-color embroidery.



**Baseball Style Hat, \$8.00:** Green pigment dyed, with multi-color embroidery.



**Winter Hat, \$8.00:** Navy with white embroidery.

# SAVE

# \$\$\$\$\$

The following area companies have agreed to give MTC member discounts on running shoes, clothing, and services. Your club ID must be presented when requesting discounts.

## AON CENTER FOR INNOVATIVE BODYWORK

4 Fundy Road, Falmouth 781-2370  
Hours by appointment  
\$10 off first massage

## EVEST LENDING

100 Larrabee Road, Suite 210,  
Westbrook • Call Chris Boynton  
831-3153  
\$400 off Closing Costs on  
Refinance, Purchase, or  
Construction Loans

## MAINE RUNNING COMPANY

563 Forest Ave., Portland 773-6601  
www.runwalkcompany.com  
10% on shoes and apparel

## PEAK PERFORMANCE SPORTS

59 Middle St., Portland 780-8200  
15% on shoes  
10% on apparel

## RUNNER'S ALLEY

104 Congress St., Portsmouth, NH  
603-430-1212 • www.runnersalley.com  
10% on shoes and apparel

## SAUCONY FACTORY OUTLET

83 Farm Road, Bangor, 942-7644  
10% on all non-clearance items

## SPORTSHOE CENTER

Bangor • Kennebunk • Saco •  
Scarborough • South Portland •  
Topsham • Wells • MA • NH • VT •  
NY • www.sportshoecenter.com

Look for discount coupon  
in each newsletter and at  
local races.

## \$10 Off Your Purchase of \$50 Or More!

This coupon may not be combined with any other coupons, special offers, or sales; does not apply to previous sales or special orders; may not be used to purchase a gift certificate; and is valid at any Sportshoe Center location. While supplies last. Limit one coupon per customer.

Valid September 1 - October 31, 2006



# Running a Mile in Less Than Five Minutes

by Dale C. Lincoln

Remembering an excellent runner and friend...

I was weeping and my heart was heavy as I left the tent knowing that I had to share my memories. In the beginning there was happiness.

July 5, 1970 was the date of the first 7.01 mile race from Perry to Eastport. The ease with which Ralph Thomas covered the distance and won the race, opened the eyes of many people young and old that lived in that area. At that time long distance running was not a popular sport in the Eastport area. Brian Manza of Woodland, ME in 4<sup>th</sup> place was the first runner from Washington County to finish. Brian had been an individual High School Cross Country Champion a few years earlier. Observing the running ability of Ralph Thomas and the fact that Brian Manza and I met for the first time that day combined and started making good things happen for long distance running in Downeast Maine. Before the summer ended I moved from South Portland and was living with my family, employed as a school teacher, in Woodland, ME.

Very soon the Sunrise County Roadrunners were organized with Brian Manza as the first president. Men, women, boys, and girls of all ages had opportunities to run in races, 3 miles or more, nearly every weekend. All finishers received

engraved prize ribbons. Within a few years excellent runners from the area began to be noticed throughout the state of Maine

In 1970, Brian Manza was a student at the University of Maine at Machias. Through the fall and winter, on weekends, we trained together for the 1971 Boston Marathon. 1971 was the first year that runners had to run a qualifying time before entering the Boston Marathon (3:15). We traveled to New Bedford, MA, ran a half marathon, and both of us easily qualified for Boston, but a very warm Patriots' Day found us finishing with slower than expected times.

That spring, especially for his performance on the basketball team, Brian Manza received the Outstanding Male Athlete Award at the University of Maine at Machias. On our training runs, Brian and I talked about many things, but it was not from him that I learned that he had served his country in Vietnam.

During the next few months I would occasionally meet Brian. Each time he told me that for the amount of training he was doing, there was not enough improvement with his running

for a person age 22. He was concerned but didn't know the reason why.

As part of my training for the 1971 Boston Marathon, on April 3, 1971 I did a solo run on the 29 mile route from Calais to Eastport. A year later, and for the next twelve years, it was known as Super Joggers Day.

On the first Super Joggers Day (1972) I was leading the runners on Route 1 as we progressed toward Eastport. At mile 22, on the bridge in my home town of Perry, Brian Manza and his little dog, Duke, passed me. They were also the first participants to reach the Eastport breakwater that day. In a happy moment after that event, Brian said to me, "We should organize a 50-Miler!" I said, "You're crazy!"

That Joggers Day event may have been his last marathon.

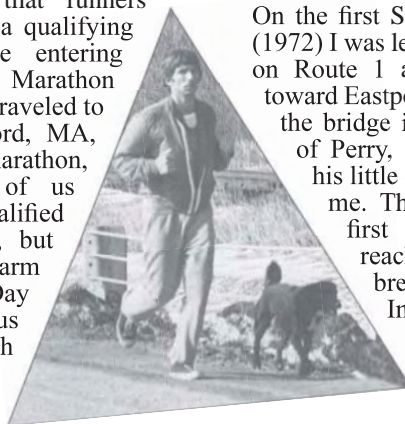
More than two years passed. At a high school cross country meet it was hard for me to recognize the young man stooped and leaning on a cane. The joints in his hands were giving him big problems. Brian told me that his problems came from being exposed to Agent Orange in Vietnam. He explained that his doctor told him that his excellent conditioning had delayed the crippling effect that had earlier

reached other veterans.

Since that time, Brian has been very active trying to educate people about Agent Orange. The monument that Brian was instrumental in erecting in his hometown of Woodland (Baileyville) contains these words:

**"THIS STONE COMMEMORATES THOSE VETERANS OF THE VIETNAM WAR WHO DIED NOT BY ENEMY ACTION BUT RATHER BY THEIR EXPOSURE TO THE TOXIC CHEMICALS USED BY OUR FORCES AGAINST THE ENEMY AS DEFOLIANTS. WE HEREBY COMMEMORATE THOSE WHO FELL AND THOSE WHO CONTINUE TO FALL FROM THE DEVASTATING EFFECTS OF THOSE TOXINS. MAY THIS MEMORIAL SERVE AS A GESTURE OF COMPASSION TO THEIR FAMILIES. WE PRAY THAT THE HORROR AND DESTRUCTION UNLEASHED BY THE USE OF SUCH LETHAL SUBSTANCES WILL NEVER BE REPEATED."**

The Vietnam Memorial arrived in South Portland. Having known two people with their names on The Wall, and having great respect for the men and women that served our country in that war, encouraged me to attend the ceremony on Friday, August 11, 2006. After the ceremony, as my wife and I were leaving the area where the wall was displayed, we stopped at the Agent Orange Tent. It was at that stop when I remembered my friend Brian Manza of Woodland when he was young, healthy, and an excellent runner.



## Maine Track Club Archives Online

[www.rootsweb.com/~meandrhs/mtcarchives](http://www.rootsweb.com/~meandrhs/mtcarchives)

The online MTC Archives contain many interesting and important collections of Maine's running history. The MTC newsletters starting with the 1979 hand-written issues by President Brian Gillespie are now online. All the back issues from 1979-2005 have been scanned and saved as PDF files courtesy of David Colby Young and [www.rootsweb.com](http://www.rootsweb.com). More MTC historical documents are being added, so keep checking back.



# Those Thrilling Days of Yesteryear...

*Compiled by Maggie Soule from the MTC archives*

**25 Years Ago:** Maine runner and writer Ed Rice addressed the September meeting, encouraging the Club to put on its first Terry Fox Memorial Run. (Club members eagerly stepped forward to organize this race, which took place the following May.) St. Joseph's College hired MTC President Brian "Ziggy" Gillespie as its track coach, inaugurating his long and successful career at the school. Race Director Dave Paul sought "helpers" (an old word meaning "volunteers") for the James Bailey Cross Country 5-Miler, held in those days on the USM campus in Gorham. The Casco Bay Marathon, set for October, inspired many Sunday-morning distance runs. Some members were also training for November's Rowdy Ultra.

**20 Years Ago:** MTC's Bruce Ellis placed 16<sup>th</sup> at Twin Cities with a PR time of 2:17:54, making him eligible for the 1988 Olympic Marathon trials. Several club members helped label 30 dozen jars of "Joanie's Jam for Sam," a fundraising project promoted by Joan Benoit Samuelson "to help further Samantha Smith's dream of world-wide peace and cooperation." The product was soon recalled after a stray piece of glass turned up in one of the jars. Roz Randall, Deb Hewson and Barbara Hamaluk of Team Maine were training for the Hawaii Ironman. Incoming MTC President Phil Pierce was second (6 hrs, 43 min) in the ultramarathon held at Bowdoin and 69<sup>th</sup> (3:05:51) in the Casco Bay Marathon. Carlton Mendell, 64, finished the latter race in 3:12:18.

**15 Years Ago:** "We have been so lucky this year with the weather," wrote Newsletter Editor Candace Karu. "We came off a very mild winter, breezed right into the most beautiful Maine spring in recent memory, sailed into a spectacular summer and here we are, having all this glorious autumn sunshine." (Oh, those good old days!) In August, our own Willie Emerson became the first person ever to swim the 14-mile length of NY State's Long Lake, situated in his hometown. Finishing in 10 hrs, 45 min, he raised \$1000 for Long Lake's Emergency Rescue Squad. Rock Green's 24-hour Run to Cure AIDS attracted many runners and volunteers to the Fitzpatrick Stadium in September. The Club formed a relay team that covered all 24 hours. Green himself ran over 100 miles. The event raised more than \$8000 for the AIDS Project and the People with AIDS Coalition.

**10 Years Ago:** Carol and Sumner Weeks announced their retirement from nine years of directing the Peaks Island 5-Miler. John LeRoy lamented the demise of Maine Running & Fitness, a magazine he had started as Mainly Running in 1991 and transferred to writer/publisher Lance Tapley in 1994. (Roland Thibault would soon step into the breach with a new magazine, Pine Tree Running Journal.) Maine teams shone proudly at the Lake Winnepesaukee Relay, with the women's open team "Ghosts of Pease" setting a course record (7:06:16). Members included Terry Sutton, Christine Snow-Reaser, Rose Prest-Morrison, Laurel Valley, Katie Payson, Wanda Binette, Marjorie Haney and Kelly Rodrigue. MTC founder Ziggy Gillespie was inducted into the Maine Running Hall of Fame.

**5 Years Ago:** September 11 had repercussions for the RRRCA Anthem Avon Women's Distance 5K when Race Director Ron DePrez was unable to fly back from California in time for the event. John Gale marshaled a strong corps of MTC volunteers and the race went on. Thirteen women ran under 20 minutes; among them were Christine Snow-Reaser (3<sup>rd</sup> overall), Julia Kirtland (4<sup>th</sup> overall), Carol Hogan (1<sup>st</sup>, 50-54) and Kate Meyers (1<sup>st</sup>, 40-44). An MTC-sponsored fun run, put together by Kate Meyers later in the month, raised over \$1000 for the 911 Firefighters Relief Fund. After 10 years as directors of Maine's only ultramarathon, Al and Sandy Utterstrom passed their baton to Ned Vadakin. For the second year in a row, a 50-kilometer race was run simultaneously with the 50-miler.

Mike Reali,  
Mel Fineberg,  
& Russ Bradley  
Great Pumpkin 10K 1986



Charles Iselborn  
Clam Festival 1996



Sumner Weeks  
& Brian Gillespie  
Great Pumpkin 10K  
1991



## See Ya at the Races...

by Roland Thibault

On October 1<sup>st</sup>, the Maine Track Club will be the host for the RRCA Eastern Region Marathon Championship when the Sportshoe Center Maine Marathon/Relay/Half Marathon hits the streets of Portland, Falmouth, Cumberland and Yarmouth. The USATF certified race (you can qualify for Boston) starts at 7:45 AM at the corner of Baxter Boulevard and Preble Street.

This is the 15th running of the event, which has grown steadily over the years. This year the race will be limited to 2800 entries total for the marathon and half marathon, and 50 entries for the marathon relay. Relay teams can be made up of two, three or four runners, with four legs of varying lengths, from 5.2 miles up to 8.8 miles.

The course is out-and-back, from Portland to Falmouth for the half marathon and from Portland to Yarmouth for the marathon. The start and finish lines are at Back Cove. All the races run together for the first six miles, at which point the half marathoners do a turnaround and head back to the finish. The marathon and relay racers continue along Route 88 to Yarmouth for a 2.5-mile loop around a rural neighborhood before rejoining Route 88 for the return trip to Portland. The race Web site describes the half-marathon course as including "a few small hills between miles 5 and 7. After that it is mostly flat on its return to Portland." The marathon is described as "a mixture of rolling hills and flat sections between miles 5 and 17 and is mostly flat or downhill for the final nine miles." Temperatures usually range from the mid-40s to the upper 50s or lower 60s, which can make for good conditions to run a qualifying time for Boston.

Perhaps the best part of race weekend are all the extras that have been added. There is an all-you-can-eat pasta dinner on race eve, all registered runners receive a long-sleeve T-shirt. The race itself has water stops with Gatorade every 2 miles, and in addition to a medical tent at the finish line there will be medical personnel patrolling the course to help those who run into trouble. Runners can get massages before and after the race, and all who finish will get a finishers medal (marathoners also get a certificate of completion). PhotoChambers will also take photos of all finishers and make them available for purchase.

And if you are looking for raffle giveaways, the race has plenty. There will be a raffle for Sportshoe Center gift certificates on race day, and two lucky finishers (one from the marathon and one from the half marathon) will be chosen in a race-day drawing to receive a free two-night stay at either the Eastland Park Hotel or the DoubleTree Hotel, courtesy of Hewins-Carlson Wagonlit Travel.

Proceeds from the race go to a local charity, Winterkids, a program to fight childhood obesity through healthy winter activity. Last years charity, Camp Sunshine, got a \$45,000 donation, so if you choose to run, then you will be running to support a good cause. The marathon also donates any articles of clothing left in the baggage claim trailer after race day to a local homeless shelter, so the good charity keeps spreading.

What other reasons do you need to sign up for the Sportshoe Center Marathon/Relay/Half Marathon? The race offers a beautiful course with the potential for a qualifying time for Boston, lots of course support, and a chance to help out some local charities. As always, if you aren't running, then volunteers are needed. You can contact Bob Aube at [bobaube@mainetrackclub.com](mailto:bobaube@mainetrackclub.com) or 829-5079. For more information on the event, view the race web site at [www.mainemarathon.com](http://www.mainemarathon.com).



**MARATHON/RELAY/  
HALF MARATHON**

15<sup>th</sup>  
Annual

PORTLAND  
Oct. 1, 2006

**SPORTSHOE  
CENTER**

**RRCA**

**PROCEEDS TO BENEFIT**

**WinterKids**

**Eastern Region Marathon  
Championship Race**

**CAPPED AT  
2800**

**BOSTON QUALIFIER  
USATF Certified Course**

**Marathon:  
ME01005WN**

**Half Marathon:  
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**MAINE MARATHON HATS**

Great lightweight runner's hats  
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[racedirector@mainemarathon.com](mailto:racedirector@mainemarathon.com)



## Group Runs...



### Kennebunk

**The Kennebunk Thursday Night Group** runs year round, rain or shine. The group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from 7-minute miles to several running 8's to 9's and sometimes slower. Distance is up to 6.5 miles. Following the run, tradition insists on a trip to Federal Jack's Brew Pub in Kennebunkport for libations and dinner, which always wraps up by 9:00 p.m. Meet at Meserves Market Place, Lower Village at 6:00 p.m. Contact: Steve Jacobsen (985-4107 - nights) or (985-3244 - days)

### Biddeford - Saco

For anyone interested in weekly morning runs or weekend early-afternoon runs. Contact: Gene Roy (284-8036)

### Portland - South Portland

**Maine Running Company** hosts group runs around the Back Cove starting at 6:00 p.m. come winter, spring, summer or fall. We meet Thursday evenings at the store on Forest Avenue. The run usually includes a 4-mile loop around the Back Cove, and all levels are invited. Contact: John Rogers (773-6601) info@runwalkcompany.com

**The Rat Pack** runs Sunday mornings at 7:00 a.m. from Payson Park. Contact: Mike Reali (829-2014) mreali@crossagency.com

**The Maine Front Runners**, a gay and lesbian running club, meets at Back Cove across from Hannaford every Saturday morning at 9:05 a.m. Everybody welcome. Contact: Jim Estes (415-3329) jim.estes@fairchildsemi.com or dcannons@hotmail.com

**Maine Mall** A group of 4-6 runners meet weekdays at 1:00 p.m. in the area of Darling Avenue and Foden Road near the Maine Mall. The group usually runs 4-6 miles at 8- to 9-minute pace. Contact: Marla Keefe (773-8854) marla.keefe@ctcnet.com

### Falmouth - Cumberland - New Gloucester

**MTC Roasters Run** The Maine Track Club hosts a weekly "Roasters Run" on Saturdays at 7:00 a.m., starting from the parking lot of Maine Roasters Coffee on Route 1 in Falmouth. Runners group themselves based on pace and then go out for runs ranging from 2-20 miles through Falmouth, Portland. The group size averages 18-24, so you can usually find someone in your pace range (from 7-minute miles to walking.) The runners congregate back at Maine Roasters Coffee after finishing to continue discussions over a cup of Joe. The runs are very informal, with the only formality being that they always start at exactly 7:00 a.m. all year long. Not a Saturday has been missed since its inception on March 6, 2004. Contact: Sandy Walton (846-6577) swalton2@maine.rr.com

**Twinbrooks/Pineland** Fall & Winter running group meets every Monday Night through March from 5:45 to 7:00 p.m. at Twinbrooks in Cumberland on Tuttle Road in the first parking lot. We will move to the Pineland campus as we begin to lose light. All levels are welcome. Contact: Tiki Humphries (829-4707) lhumphri@maine.rr.com

**New Gloucester Group** meets Sundays at 7:00 a.m. The "road" gang meets in the Pineland YMCA parking lot, and the "trail" gang meets in the Pownal Hall lot for runs of various distances. It might be helpful to add your name to the e-mail list for weekly updates, as times and places sometimes change. Contact: Maureen Sproul (926-4681) msproul@unumprovident.com





# A Talk with Bill Rodgers

by Roland Thibault

Bill Rodgers is a man with lots of energy. This was proven during his visit to the Maine Running Company store on June 17<sup>th</sup> as the final part of the Marathon Legend Series.

Rodgers began his visit with a run around Back Cove, where he seemed to take personal interest in each runner and their stories. Upon the groups return, Rodgers was calling those in the group by name and dispensing advice. For most in the group it was probably a thrill to run with one of their running idols, "Boston Billy", the dominant male distance runner of the late 70's and early 80's.

Bill Rodgers was ranked number one in the world for the marathon by Track and Field News in 1975, 1977, and 1979. He was a 1976 U.S. Olympic Team member at the Montreal Olympics, and would've possibly competed at the 1980 Olympic Games in Moscow had the United States not boycotted the event. He won the New York City Marathon four times, the Falmouth Road Race three times, and the Cherry Blossom 10 Miler four times. In all, Rodgers ran 28 marathons under 2:15, but it is probably his four victories in the Boston Marathon that gave him his greatest acclaim (and his nickname).

After running well at Wesleyan College, Rodgers virtually quit running for two years and smoked Winstons. During those two years he watched the Boston Marathon, as well as the success of his college roommates Amby Burfoot and Jeff Galloway. He decided to race Boston. The rest, as they say, is history.

He continues to hold American records at several distances from 15K to 30K, as well as holding the former World Record at 25K (1:14:12). His best marathon was a 2:09:27 at Boston.



Photo by Don Penta



## Marathon Legend Series



Photo by Roland Thibault

Still, after nearly forty years of running, and with the success that he has had, Rodgers still says that "running is fun". He seems to get his energy from the people that he runs with, saying that "training partners are your friends because you need to find help from others."

Another reason for his continuing enthusiasm for running might be that he gets to run in some great locations. He still runs about twenty five races a year around the country. At most of these races he also does speaking engagements and has done a lot of races and appearances with Maine's own Joan Benoit Samuelson. Rodgers fondly remembered a race that he did in Portland about ten years back with Joanie (the Oakhurst Milk Run), saying that he enjoyed the race a lot. In regards to Maine, Rodgers states that "Maine is a beautiful place to run."

Although Rodgers' fastest times are behind him, he continues to dominate as an age-group racer. In 1990 and 1992 he was named the RRCA Masters Runner of the Year, and in 1998 ran a 15K race in 49:48 at 50 years of age. At age 51 he ran the half marathon in 1:11:10.

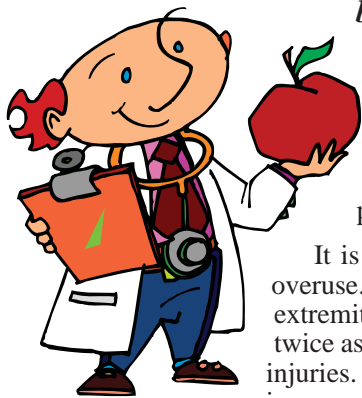
Even Rodgers will tell you that he is not sure where his limits are because "being the first generation to kick off the running boom, no one knows about running and training after 40."

He is almost sixty now and, along with a busy schedule (that includes two daughters, the Bill Rodgers Running Center, being a spokesman for Running Times Magazine, and co-writing the book, *The Complete Idiots Guide to Running*), he continues to run and race at a high level. Perhaps, as he was the standard for American marathoning in the 80's, Bill Rodgers will be the standard for our understanding of training and racing after age 40.



## Doctor's Corner: Overuse Injuries...

by Heather Gillespie, MD, MPH



In the running community, we are all too familiar with "overuse injuries". Things such as Achilles tendon injuries, shin splints, and stress fractures are all caused by overuse. Whether you are training for the Maine Marathon or your first 5K, overuse injuries can plague runners of all levels, abilities, and experience.

It is estimated that 70% of running injuries are a result of overuse. In runners, most occur in what we refer to as the lower extremity: the legs, ankles, and feet. Sports medicine clinics see twice as many visits due to overuse problems compared to acute injuries. Overuse injuries result from repetitive microtrauma in an area of the body leading to local tissue damage and degeneration.

Athletes are most susceptible to overuse injuries when they change the mode, duration, or intensity of their training. When runners proceed too quickly in their training regimen, they put themselves at higher risk for injury. Placing high demands on your musculoskeletal system and surrounding soft tissues without allowing time for adequate rest, recovery, and adaptation may lead to system breakdown and eventually failure. Additional stresses may include increased time of running, speed of running, or even the surface that you run on.

Two common overuse injuries that we see in distance runners include Achilles tendon injuries and tibial (shin bone) stress fractures. Stress fractures are partial or complete bone fractures that result from repeated application of a stress force that is lower than the stress required to fracture the bone in a single loading. If there is repeated stress on a bone without sufficient recovery time for the bone to regenerate, the area is at risk for weakening and eventual fracture.

As always, one of the best places to start is prevention. Keys and tips to preventing overuse injuries include the following:

- **PROPER WARM-UP:** COLD STIFF MUSCLES ARE MORE PRONE TO INJURY AND PLACE ADDED STRESS ON THE SUPPORTING STRUCTURES.

- **GRADUALLY INCREASE YOUR TRAINING REGIMEN:** THIS INCLUDES MILEAGE AS WELL AS SPEED AND HILL WORKOUTS.

REMEMBER TO MAKE SMALL CHANGES OVER TIME TO ALLOW YOUR BODY TO ADAPT TO EACH NEW STRESSOR (10% INCREASE WEEKLY KEEPING IN MIND THAT THIS INCLUDES ALL TYPES OF CHANGES; FOR EXAMPLE, IF YOU ADD AN EXTRA HILL WORKOUT ONE WEEK, YOU SHOULD NOT ALSO INCREASE YOUR TOTAL WEEKLY MILEAGE.)



- **PROPER FOOTWEAR:** WEAR SHOES THAT FIT AND SUPPORT YOUR FOOT TYPE AND CHANGE YOUR SHOES EVERY 300-400 MILES.

- **STRENGTH TRAINING:** SUPPORT YOUR LOWER BODY BY STRENGTHENING YOUR CORE AND GLUT MUSCLES.

- **CROSS-TRAINING:** ALLOW YOUR RUNNING MUSCLES TO RECOVER BY MIXING UP YOUR ROUTINE.

- **NUTRITION:** PROPER NUTRITION AND HYDRATION CAN HELP PREVENT INJURY BY AIDING IN RECOVERY (ENSURE ADEQUATE CALCIUM INTAKE TO HELP SUPPORT BONE HEALTH.)

Best of luck for the fall!

## Notices...

### Maine Marathon

Another record field is expected for the 15<sup>th</sup> annual Sportshoe Center Maine Marathon/Relay/Half Marathon on Oct. 1, as entries are pouring in at a rapid pace. If you're planning to run but haven't yet registered, online registration will remain open through Friday, Sept. 29. The entry fees as of Sept. 1 are \$30 for the half marathon, \$45 for the marathon and \$80 for the relay. Visit [www.mainemarathon.com](http://www.mainemarathon.com) for more information or to register.

As always, we also need lots of volunteers, not only on race day, but also for registration on Saturday. Volunteers are required for the following tasks: registration setup (9 a.m. to noon Saturday), Saturday registration (two shifts, noon to 3 p.m. and 3 to 6 p.m.), race-day registration (5:30 to 7:30 a.m.), traffic control (time commitment varies), course communications (8 to 10 a.m., requires access to cell phone), finish line (two shifts, 7 to 10:30 a.m. and 10:30 a.m. to 2 p.m.), and finish-area cleanup (2 to 3:30 p.m.).

If you have questions about any of these tasks or you'd like to volunteer, please contact Bob Aube (829-5079) [bobaube@mainetrackclub.com](mailto:bobaube@mainetrackclub.com)

### MTC Needs Board of Director Nominations!

November is Election Month and this is a club Election Year! Do you know someone who might be interested in being President, VP, Member at Large? Please consider nominating them or throwing your own hat in the pile? There is a nomination form on page 7 in this newsletter. It's a minimal time commitment and means so much to the overall success of the club. Many Hands Make Light Work! No experience is necessary, just an interest in the club and making our events happen. Elections are held at the November Club Pasta Dinner. The deadline for nominations is November 1st.

### Physical Therapy 8K is FREE for MTC Members this year!!!

Yes - that is correct. The Board voted at our last meeting to make this event a perk for club members. We ask that you wear your MTC Singlet for the race and Show Your Colors! To get the free entry, you must print and mail the race application on page 24. Check the MTC Member box on the form. You can not get the free entry status through Active.com. The Free Entry Status does not include a t-shirt.

### Maine Medical Center Sports Medicine Program

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[www.mmc.org](http://www.mmc.org)

The MaineHealth® Family



## RRCA National Volunteer Award Certificate Program

The success of the RRCA and its clubs and events is based on volunteerism. Since its inception in 1958, the RRCA has relied on the spirit of volunteers to carry out programs, find sponsors, hand out water, work finish lines and many other necessary and important tasks. It was with this dependence on volunteers that the RRCA had in mind to honor and recognize its many volunteers nationally. Without these volunteers our clubs would not be as successful in the community of grassroots running as they are. Volunteers must have contributed at least 2000 hours of service over the years. Please inform Mark Grandonico (grandm@maine.rr.com) or Sandy Walton (swalton2@maine.rr.com) no later than October 25th, and indicate how many volunteer hours that you have contributed in total.

### Run @ Work Day

On September 22, 2006, the RRCA invites everyone to invite a co-worker, a boss, a friend, or family member to run or walk at least 35 minutes before work, during lunch, or immediately after work to celebrate the 1st Annual RRCA National Run@Work Day. Running clubs and individuals from around the country have planned events to help promote the importance of daily physical activity for working people. It's not too late, you can make a big splash or simply make a personal commitment to Run@Work on September 22, 2006. For more information visit <http://www.rrca.org/program/programs.html#P4>.

## MTC Board Meeting Minutes 7/19/06

**Attendance:** Mark G., Cathy B., Bob A., Mike B., Don P., Sandy W., Ward G., Erik B.

**Secretary Report:** Board Meeting Minutes (5/17/06) accepted

**Treasurer Report:** Ward reported \$8990 in the MTC account. There were no major financial expenditures in the foreseeable future.

**Membership Report:** Bonnie Topham is learning the ropes. Thanks to Sandy for the help.

**NewsRun Report:** Sandy reported that the 40-page June/July issue of NewsRun newsletter had been completed and sent to the printer. Sandy is looking for help with race results, photos, and someone with Microsoft Excel knowledge.

**Special Events Committee Report:** MTC picnic on 7/20 happening at Two-Light State Park. The board recognized that the parks service would probably charge the normal \$3 entry fee.

### Race Committee Report:

**Devoted to Deveau:** 5K charity race was held on 7/16 at the Back Cove in Portland. Approximately 200 people showed up, and organizers raised about \$4,100. Erik hauled a bunch of MTC equipment to the race, and provided timing services on the fly. No fees were charged for this race.

**Clam Festival:** Race on Saturday.

**Peaks Island:** Race follows the next week, and is expected to bring in \$5,000 to the club.

**Beach To Beacon:** The MTC will have a table at the exposition to sell stickers, shirts, and hats. Mark bought 200 "10K Maine" bumper stickers – will sell each for \$3. Last year the club made about \$600-\$700. The club is not charged any fees unlike others at the expo. So far the club is short on volunteers to work at this year's Beach To Beacon race. For its services provided to the B2B, the club receives \$1,000. Next year will be the 10<sup>th</sup> Anniversary, and organizers are already creating special plans.

**Breakaway 5K:** Phil Meech will be doing the race at Old Orchard Beach this year.

**Maine Grand Prix:** is reportedly going well – thanks to Jerry Levasseur.

**PT8K:** All MTC members will receive free entry if they wear their singlet.

**Turkey Trot:** Bob Aube raised questions about the status of the race. He will do the timing if he can get the registration information.

**Thanksgiving Day:** The MTC has been asked to take on the race this year since George Towle will be on sabbatical. Mark proposed that the club charge \$300 this year – all agreed. This race is a USM Track Team fundraiser.

**MTC Board/Committee Positions:** Elections will be held 11/17 at the Pasta Dinner for the 2007-2008 cycle. Now is the time to nominate people for the election. Hazel's At-Large position will be open since she and family have decided to move to Pennsylvania.

**Equipment Manager:** vacant

**At-Large:** vacant

**Race Committee Chair:** vacant

**Equipment Update:** The MTC trailer is still being stored at Phil's house. The one-sided digital clock may have troubles. It may be losing battery power too quickly.

**Membership Meetings:** The board decided to cancel the 11/29 membership meeting since the November pasta dinner is tentatively planned for Friday 11/17 (which also happens to be Mike Brooks' birthday). Sandy suggested that all general membership meetings should not be held during the same months as social events. Cathy suggested that there would be no general membership meetings during the summer months.

**Web Site:** Rob Landry (Rachel's husband) from Pemaquid Communications sent a detailed proposal to update the MTC web site. The initial startup cost would be around \$2000 with a cost of \$100-\$200 for monthly maintenance. The MTC would still have control on the content. It may be possible to knock off \$1000 in exchange for advertisement space. Mark will digest the Pemaquid proposal and report back. Bob wants to maintain flexibility so that we can make changes quickly when needed. Erik proposed that a sub-committee be created to audit the MTC's current web-site and to evaluate future designs. Bob A. proposed the creation of new web-advertising space, and to make regular links to other web sites free.

**Coaching/Track Sessions:** Cheverus H.S. track meetings have attracted 20-25 regulars.

**Newburyport Bus Trip:** The bus trip will cost the club \$700. Only 20 people attend last year's trip. At the moment only 13-14 people had signed up. The board decided that the trip should be cancelled unless a minimum of 20 people signed up, or half the bus. The club could lose a \$100 security deposit.

**Next Board Meeting:** Wed. September 20<sup>th</sup>, Norway Savings Bank – Falmouth 6-8 p.m.

**Next Membership Meeting:** Wed. September 27<sup>th</sup>, SMCC - Jewett Hall 6-8 p.m.

Submitted 8/22/06  
Erik Boucher  
MTC At-Large



# Maine Track Club Membership Application

If you would like to Join the Maine Track Club or Renew your current membership, you can register online at [www.mainetrackclub.com](http://www.mainetrackclub.com) or [www.active.com](http://www.active.com), or return this completed form with a check to:

Maine Track Club  
P.O. Box 8008  
Portland, ME 04104

## MEMBERSHIP TYPE & ANNUAL DUES

Membership is based on the calendar year, expiring on December 31<sup>st</sup>.

- |   |      |
|---|------|
| <input type="checkbox"/> 1 Year Household/Individual      | \$25 |
| <input type="checkbox"/> 2 Years Household/Individual     | \$45 |
| <input type="checkbox"/> 3 Years Household/Individual     | \$65 |
| <input type="checkbox"/> 1 Year Student (age 18 or under) | \$17 |

Do you want your newsletter by:

- ☐ E-Mail                      or                      ☐ Postal Mail



For official use only

- |   |
|---|
| <input type="checkbox"/> Amt. Pd _____    |
| <input type="checkbox"/> Chk # _____      |
| <input type="checkbox"/> Date Rec'd _____ |
| <input type="checkbox"/> Database         |
| <input type="checkbox"/> Birthday         |
| <input type="checkbox"/> E-mail/NR        |
| <input type="checkbox"/> Mailed WL        |
| <input type="checkbox"/> Mailed NL        |

First Name	Last Name	Birthdate(s)	M/F
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P.O. Box/Street

City	State	9-Digit Zip Code	Home Phone
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E-mail Address	Business Phone
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Occupation(s)	Employer (If Student, School)
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Additional household members:

First Name	Last Name	Birthdate(s)	M/F
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First Name	Last Name	Birthdate(s)	M/F
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First Name	Last Name	Birthdate(s)	M/F
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First Name	Last Name	Birthdate(s)	M/F
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## PARTICIPANT/VOLUNTEER WAIVER

To be signed by each member in the household. Applicants under age 18 require a parent's signature.

I know that participating and volunteering to work in Maine Track Club events are potentially hazardous activities. And I know that I should not participate or volunteer in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete an activity safely. I assume all risks associated with participating in or volunteering at Maine Track Club events including, but not limited to, falls, contact with other participants, the effects of the weather (including heat and humidity), and dangers posed by road conditions and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself, and for anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Maine Track Club, and all sponsors and their representatives and successors from all claims of liabilities of any kind arising from my participation in Maine Track Club activities, even though a liability may arise from negligence or carelessness on the part of persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of any club event for any legitimate purpose.

Signature	Date	Signature	Date
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Signature	Date	Signature	Date
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Maine Track Club  
P.O. Box 8008  
Portland, ME 04104



You and your family are invited to the

**Maine Track Club**  
**Annual Pasta Dinner**  
**Friday November 17<sup>th</sup> 6:00 p.m.**  
**Columbia Club • Wordsworth St. • Portland**

Mike Reali and his crew will be preparing their famous spaghetti & meatball dinner again this year. How could you resist?? Bring the whole family... fine food and the company of running friends and their families.

**MENU:** Salad, Spaghetti & Meatballs, Italian Bread, Soft Drinks, Coffee, Cake (Meatless sauce also available.)

**COST:** Adults \$7.00 • Children under 12 FREE

**DIRECTIONS:** From 295, Take Washington Avenue West exit, Turn right onto Veranda Street, Go about half a mile, Turn left onto Wordsworth Street, Columbia Club is the 3rd building on the right.

R.S.V.P. Cathy Burnie (829-5208) [cburnie@maine.rr.com](mailto:cburnie@maine.rr.com)

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